

THE LEAN MUSCLE GUIDE

Men's Health

SEPTEMBER 2015 | ₹150

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**LESSONS FROM
INSTAGRAM'S
FITTEST STARS**

INJURY-PROOF YOUR WORKOUT

6 WAYS TO BANISH STRESS AT WORK P32



The Men's Health Guy
**GURVINDER
SINGH**

**WHAT
WOMEN
WANT**

**LESSONS FOR MEN
FROM 50 SHADES
OF GREY**

THE NEW RULES OF GROOMING FOR MEN

THE BETTER WAY TO BIG BICEPS

FOODS THAT FIGHT FAT AND CONQUER DISEASE!

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Health

09.15

LESSONS FROM INSTAGRAM'S FITTEST STARS

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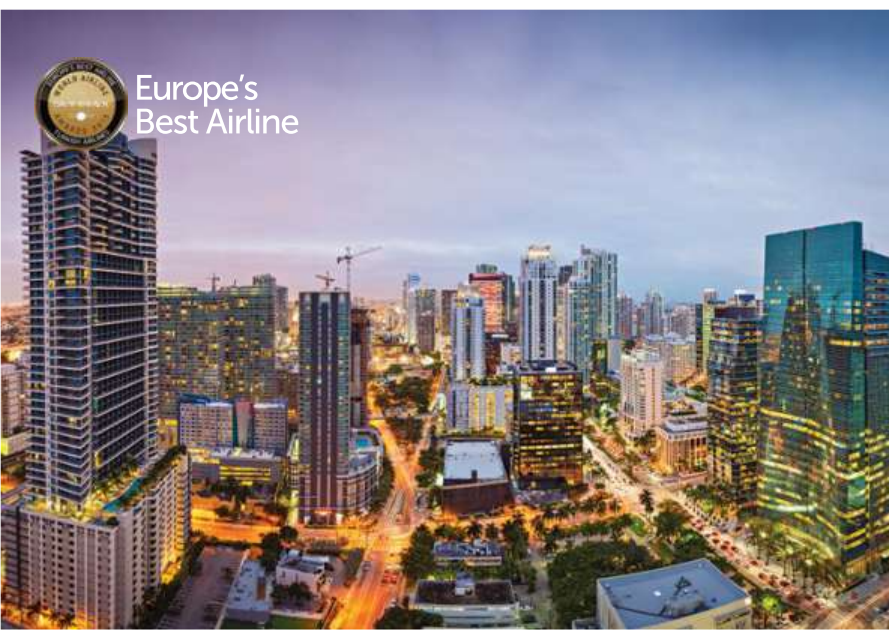


ON THE COVER

MH Guy Gurrinder Singh
Photographer: Sayan Sur Roy
Make-up and hair: Sanjay Prabhakar
Gurrinder is wearing Forca denim, a Fastrack belt, a G-Shock watch, and Red Tape shoes.



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The reporting in Men's Health is meant to increase your knowledge of current developments in health. Because everyone is different, the ideas expressed by researchers cannot be used to diagnose or treat individual health problems. A health-care professional can best guide you.

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DON'T LET BLOCKED NOSE SPOIL YOUR GOOD MOMENTS.

WHAT IS A BLOCKED NOSE?

Blocked nose is a condition in which a person is not able to breathe normally through the nose. This could be due to various reasons. One common reason is swollen inner lining of the nose. You can call it a “stuffy nose” or a “congested nose”. A prolonged blocked nose may cause complaints in hearing, nasal twang in voice and mild headache. A blocked nose can be caused by common cold, dust & pollution, seasonal changes, sinusitis or nasal allergic conditions.



A blocked nose can affect anyone, anywhere, anytime. You should always be ready with a fast way of dealing with a blocked nose!



NOTHING WORKS FASTER[^] THAN NASIVION.

WHEN SHOULD NASIVION BE USED?

Start using Nasivion as soon as you feel you have a blocked nose. Nasivion is not just faster, but also provides a relief that may last up to 12 hours[#]! Nasivion can be used for maximum 10 days at a stretch. If symptoms persist, please consult your physician.



WHO CAN USE NASIVION?

Nasivion Classic Adult can be used by adults and children above 6 years of age. If you have any medical illness or if you are on any medication, please consult your physician before using Nasivion. Nasivion also has variants for children and babies. Please consult your paediatrician for more details.

WHY NASIVION?



Nasivion is the faster way to get rid of a blocked nose.

When a blocked nose ruins your day or night, all you need is fast relief! You might come across many ways to get rid of a blocked nose, but nothing works faster than Nasivion – as it starts working in 25 seconds[^]. Use Nasivion and feel the difference.

WHERE CAN YOU BUY NASIVION?

Available at all leading medical stores near you.

This Advertorial answers some common questions about Nasivion nasal spray and drops. It does not contain all of the available information. For more information, read the pack insert. Nasivion Classic is a topical nasal decongestant. Do not use for more than 10 consecutive days.

[^] Mean onset of action – 25 seconds.

^{*} As per the Medical Audit (ESPRIT) MAT April 2015 dataset in terms of prescribers in the Topical Nasal Decongestants/Saline preparations/Xylometazoline category.
[#] Reinecke S and T Schaikin M. Investigation of the effect of oxymetazoline on the duration of rhinitis. Results of a placebo controlled, double blind study in patients with acute rhinitis. MMW-Fortschr Med.2005;147 (suppl 3): 113 -118

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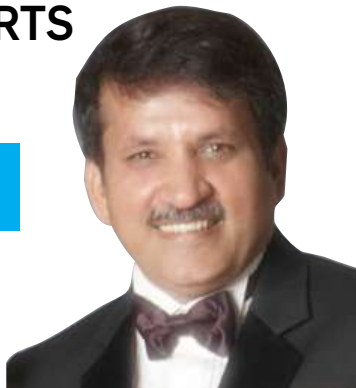


HOW TOP EXPERTS STAY STRONG AND HEALTHY

ON CALL THIS MONTH
THE SMILE DESIGNER
Dr SANDESH MAYEKAR

A new-age smile designer who's been in the industry for more than 25 years, **Dr Sandesh Mayekar** brought aesthetic and cosmetic dentistry to India. His clientele ranges from Shah Rukh Khan to Priyanka Chopra to Miss India contestants looking to make their smiles worth a million bucks. As the founder and president of the Indian Academy of Aesthetic and Cosmetic Dentistry in India (IAACD), Mayekar has also authored a bestseller titled *More Than A Mouthful: Adventures of a Dentist*, and is the founder of ENCODE, an organisation that holds postgraduate courses in aesthetic dentistry all over India.

ARUSHI SHARMA



WHAT FOODS I AVOID **POTATO CHIPS**

Contrary to popular belief, chocolate isn't what's bad for your teeth! Potato chips, biscuits and sandwiches rank among the worst mouth offenders because they tend to mix with saliva and stick to the teeth. Also, the residue can only be removed when you brush your teeth.

HOW I DE-STRESS **A GLASS OF COLD MILK**

I treat almost 20-25 patients a day, so I absolutely have to have a glass of cold milk before going to bed, as it helps me get a good night's sleep. I also enjoy watching South Indian films with their 'innovative' fight scenes!



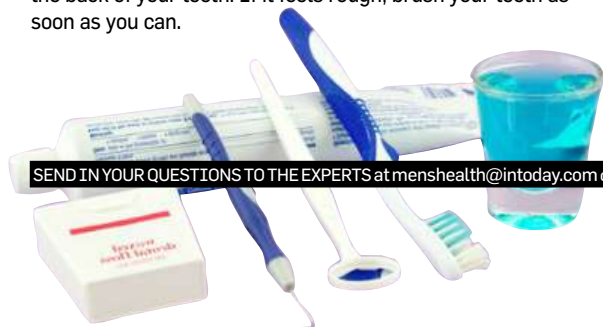
HOW I PROTECT MY TEETH AT THE GYM **MOUTH GUARD**

Since men at the gym tend to grind their teeth unconsciously when they lift heavy weights, a mouth guard can help prevent premature damage to your teeth and actually help you lift heavier weights.



HOW I KEEP MY MOUTH HEALTHY **CHECK FOR PLAQUE**

Apart from your regular routine (brushing twice a day and flossing), you should check your mouth for plaque by rolling your tongue over the back of your teeth. If it feels rough, brush your teeth as soon as you can.



ALTERNATIVE MEDICINE

Isaac Mathai

Dr Isaac Mathai carries the legacy of a family that has been into homeopathic practice for more than half a century. He is the chairman of Soukya International Holistic Health Centre, Bengaluru.

Farokh J Master

Dr Farokh J Master, director of the Homeopathic Health Centre, Mumbai, and author of over 36 books, including several bestsellers, has taken homeopathy to a level previously unseen.

NUTRITION

Mary Ellen Camire, PhD

Dr Mary Ellen Camire, PhD, a food-science communicator for the Institute of Food Technologies, is a professor of food science at the University of Maine, US.

MENTAL HEALTH

Rajesh Parikh

Dr Rajesh Parikh, a poet, painter, photographer and one of India's leading neuropsychiatrists, has won over 200 awards and published numerous scientific papers in international journals. He is associated with Jaslok Hospital, Mumbai.

EXERCISE SCIENCE

PV Jayasankar

Dr PV Jayasankar is a Chennai-based orthopaedic surgeon who brought exercise science as a speciality to the centrestage and aims to spread the science all over the country.

DENTAL HEALTH

Sandesh M Mayekar

The man behind the perfect smiles of various Miss Worlds and Miss Universes, Dr Sandesh M Mayekar is one of the world's top practitioners of aesthetic and cosmetic dentistry. He maintains a multi-speciality dental practice at Craniofacial Aesthetics in Mumbai.

UROLOGY

Larry I Lipshultz, MD

Larry I Lipshultz is the chief of the division of male reproductive medicine and a professor of urology at Baylor College of Medicine in Houston.

CARDIOLOGY

Sharukh Golwalla

Dr Sharukh Golwalla is a consultant cardiologist at Mumbai's Breach Candy and Jaslok Hospital and has co-authored four books with his cardiologist father Dr Aspi Golwalla.

Prediman K Shah

Dr Prediman K Shah, director of the division of cardiology at the Oppenheimer Atherosclerosis Research Center at Cedars Sinai Medical Center in Los Angeles, has published over 500 scientific papers and is a professor at the UCLA School of Medicine.

DERMATOLOGY

Shrilata Trasi

Dr Shrilata Trasi, one of the first Indian women to take up dermatology as a profession, is a consultant at Hiranandani Hospital, Mumbai, and has Shahrukh Khan and Madhuri Dixit Nene among her clients.

SPORTS MEDICINE

Anant Joshi

Dr Anant Joshi, a nationally recognised arthroscopy expert, is a consultant with Bombay Hospital and Medical Research Centre. He is also a sports medicine consultant to the BCCI.

WEIGHT LOSS

Muffazal Lakdawala

Dr Muffazal Lakdawala, a specialist in laproscopic weight loss surgery, is the founder of Centre for Obesity & Diabetics Support and is the vice-president of the Obesity Surgery Society of India.

SEND IN YOUR QUESTIONS TO THE EXPERTS at menshealth@intoday.com or WRITE TO MEN'S HEALTH, India Today Mediaplex, FC - 8, Sector 16/A, Film City, Noida - 201 301

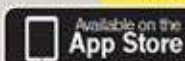
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Where Fashion Gets Personal

Tales Of Inspiration

Personal trainers are passé, personal experiences are the motivators of the day

I'm going to kickstart this issue for you with a story. The "hero" of the piece is a young man from Bhopal, who hails from humble beginnings. His conservative parentage schooled him in a *madrassa* till he was in his teens, and he spoke not a word of English, while boys his age cleared their matriculation exams. It was a fire in his belly which made him take up fitness, and that same boy today commands a 20,000-strong following on social media, doling out inspirational quotes with his workout pictures and videos that get thousands of comments and likes every day.

Another boy with a more privileged upbringing in South Africa used fitness as a way to "become his own man." Now in his early 20s, this boy posts motivational pictures that inspire hundreds to follow his footsteps. (Girls on his arm on a beach in Vegas can be a very positive influence too!)

Both these stories are detailed in our feature 'Instagram's Fittest Superstars' starting on (p68), and there are several others as well. In a world where social media plays an increasingly influential role in charting trends and thought processes, these guys are the new opinion makers of the day. They may not be formally trained or traditionally eloquent; yet, they know how to get their message across, one that's a result of the biggest teacher of them all—personal experience.

In other parts of this issue of *Men's Health*, you will find well-researched, calibrated advice that no internet search can throw up. The story on excuses can bust any weight-loss obstacle in no time (p76); our beginner's guide to fast muscle can



help you get into the best shape of your life; and the intriguing feature 'What Men Can Learn From *50 Shades Of Grey* (p51) can be an eye-opener in more ways than one.

Go on, get motivated, informed and focussed. Like our self-made internet superstars tell us, there's no bigger high than inspiring someone to change their life for the best!

J.S.

JAMAL SHAIKH

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DINO MOREA | PAGE 48

Dino Morea is an actor-turned-model-turned-entrepreneur who's preparing to lead a fitness revolution in India. Apart from that, he's a lover of ink pens and has a secret stationary fetish.

Hi Dino, what are some of the grooming essentials for men?

Grooming is a necessity. Personal hygiene and a neat look all add up to building your confidence and personality. These habits should be a part of your usual routine: stay clean, smell good, maintain clean nails (no painted pinkies please!), look neat and wear fresh clothes.



ARJUN SRIVATSA | PAGE 46

One of the most respected spine and neurosurgeons in the country, Dr Srivatsa is a known expert when it comes to complex spinal surgeries. An avid golfer, Dr Srivatsa has been instrumental in designing the architecture of a multi-specialty Indo-Japanese hospital, Sakra, and has also helped establish CeneGenics, an age management health service in Bangalore.

Hello Arjun, what do you think is the biggest grooming mistake Indian men make?

The biggest grooming mistake is for a man to stop at grooming just his physical self. What tops of a well-groomed man is an attitude of compassion and strength and, at the same time, how he treats someone less fortunate than him.



NEHA NATH | PAGE 115

A photographer by profession, Neha Nath lives life on an adventure high. When not swimming, Nath can be seen cycling around Bandstand. A speed junkie who loves car racing, she is also a certified canine trainer who founded a company for pet sitting, Bowwow.

So where do men go wrong when it comes to grooming? How should they correct it?

If I were to put down one grooming mistake that a few men make, nose hair would top my list. Using a nose hair trimmer wouldn't kill. All it takes is two minutes.

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ASK MEN'S HEALTH

LIFE'S QUESTIONS, ANSWERED

Q HOW DO I RESIST THE URGE TO TEXT WHILE DRIVING?

ALOK JAIN, NOIDA

Three steps: Open car boot, insert phone, close car boot. Studies show that even when people turn off phone notifications, they still feel compelled to check their devices. According to technology addiction expert David Greenfield, PhD, we may crave the dopamine rush that receiving info produces. So after you stow your phone, turn up the radio—listening to a favourite song can trigger a similar dopamine hit, a Canadian study found. Need your phone's GPS? The app My Safe Drive (free, Android and iOS) can disable incoming and outgoing texts whenever you exceed 10 kmph.



TEXTING BEHIND THE WHEEL MAKES YOU UP TO 23 TIMES MORE LIKELY TO CRASH

I'm thinking of switching to a whitening toothpaste, but have been told that it either doesn't work, or it's bad for my teeth. What's the truth?

PRADEEP BHATIA, NEW DELHI

Teeth become discoloured due to a variety of reasons, like smoking, drinking too much coffee or aerated drinks—not to mention, plaque and decay. Although cosmetic treatments are available that will bleach your teeth white with strong chemicals, over-the-counter toothpastes are definitely not a quick-fire solution.

"Nobody has naturally white teeth, so the notion of bleaching your teeth white

as snow isn't exactly natural," says Dr Jonathan Levine, director of aesthetic dentistry at New York University. And tooth-whitening pastes don't bleach enamel, they only claim to get rid of surface stains.

The good news is, however, that because they don't contain the potentially corrosive chemicals used in teeth bleaching, the only thing harmed will be your pocket.

Is it safe to drink booze while taking antibiotics?

RAKESH MEHTA, MUMBAI

It's one of the great myths that mixing antibiotics and booze can seriously mess your health up. "While it's unwise to

mix medicine with liquor, few drugs are affected by alcohol," says Dr Rajesh Kumar, internal medicine, Paras Hospital, Gurgaon. The way it works is this: Antibiotics have different routes of leaving the body: Some are broken down in the liver, excreted in the urine or passed through in your faeces. To a large extent this determines how long they stay active in the body and how often you need to take them. Alcohol may increase the excretion rate or slow down the rate at which the drugs are broken down, which may just limit their effectiveness.

"But occasionally antibiotics can pose a danger," says Kumar. "The most harmful is metronidazole (Flagyl), which is used for mouth abscesses, gut infections or bladder bugs." It's closely related to

AM I NORMAL?



HUNGRY FOR SOME FOOLPROOF ADVICE?

ALL I DO IS EAT BUT I NEVER FEEL FULL. WHAT'S UP?

RASHID AHMED, AHMEDABAD

We'll give you the benefit of doubt and assume your diet is a healthy 30/30/40 mix of protein, fats and carbs. If a gluttony for fats and sugar isn't the issue, you might suffer from acid reflux. Hunger pangs can result from a build-up of acids in the digestive tract, says Delhi-based nutritionist Lovneet Batra, with vinegar, fruits and spices being the worst culprits. Combine them with high-fibre foods such as pulses or broccoli to reduce acid by up to 20 per cent. Drink more too, but make it water. Dehydration can also imitate your burger hankerings. This is one instance in which you're free to supersize.

● NORMAL ○ WEIRD

Antabuse, a drug once used to deter alcoholics from drinking as it caused severe nausea and vomiting when mixed with booze. Most antibiotics won't become toxic if mixed, but just to be safe, consult with your doctor first.

Do I avoid meat when dining with my vegetarian date, or worse, my vegan boss?

DEEPAK KHADE, HYDERABAD

No, but just asking shows that you respect the belief of others. "The point of a social meal is not the food," says Jane Greer, PhD, a New York-based relationship expert. "It's the relationship building that goes with it." Your dining companions understand that eating meat is a personal choice—even if they don't like it. But a little respect and sensitivity goes a long way. A big four-meat pizza could repulse them, so opt for some subtle-looking chicken or fish. An easy rule: If more than 50 per cent of the dish is made up of meat, don't order it with a vegetarian around.

I love doing squats and lunges, but my knees end up bending more than 90 degrees. Am I putting myself at risk for injury?

ARUN MEHTA, CHANDIGARH

Although it's commonly thought that squatting lower than 90 degrees causes injuries, it's not a well-founded theory. "If the knees were only able to flex 90 degrees under load, we'd have limited physical capabilities," says Deckline Leitao, MH fitness adviser. It's true that doing full squats (A) is not advisable for beginners, but in time it's safe to squat lower, as long as you maintain perfect form. But when it comes to lunges (B) your legs should be bent at 90 degrees or less.



ONE-WORD ANSWER

What's the best liquid to use in a protein shake?

MILK

"Dairy products aid in fat loss," says Batra. If you're lactose intolerant, try coconut milk, soy milk or almond milk, which can be found in most grocery stores. Use your shakes as a vessel to carry aboard the much-needed food group; you'll get the muscle building power of protein along with the fat-fighting calcium, while improving bone and cardiovascular health to boot.



ASK THE GIRL NEXT DOOR

BY PRIYAMVADA KOWSHIK
Executive Editor, Women's Health

Q Her phone sees more action in the bedroom than I do. How do I get her to reduce the screen time?

—PRANAV SHARDA, PUNE

She's bored! That's all I can read here. Obviously the lack of action between the sheets is making her turn towards her phone—you need to turn the heat on. Surprise her. For instance, turn her around (while she's still on the phone) and give her a back massage. How about reading erotic stuff together? Try and think back a little. What were moves that would turn her on? Then think ahead. Bring home some wine, buy her some lingerie. The phone won't stand a chance.

CALL HIM OUT

My best friend's been cheating on his girlfriend and I think it's really pathetic. Should I tell him what I think?

—MOHSIN KHAN, INDORE

Yes, of course! Friends have to be the ones to hold up a mirror sometimes! If he considers you his best buddy, he will value your opinion. Sit down and have a frank conversation with him. Tell him why you think it's not cool for him to cheat, and you may be surprised to find how confused and worried he actually is. Even if he thinks you have no business being a nosey parker, your words will at least make him introspect for a bit.

Get your relationship problems answered by Priyamvada. Write to her at menshealth@intoday.com



TELL MEN'S HEALTH...

WHAT **MH** READERS SAY THIS MONTH



APPLY EVER AFTER

Your story on six sex apps (Download Your Fantasy, *MH* Aug 2015) was an interesting read. The internet has always been a haven of hookup sites like Tinder etc, and even Facebook with its pokes serves a similar purpose. But applications on your smartphone to help you perform better was new to me. Good stuff!

ANISH0909, VIA EMAIL

ONE OFF DALLIANCE

With regards to your story on one night stands (The Indefensible Position: In Praise Of The 12-Hour Relationship, *MH* Aug 2015), is *Men's Health* promoting casual sex as an acceptable pursuit? Or was it a one-off dalliance from the otherwise responsible stories you guys feature on improving sex lives?

RAMRAJ PUROHIT, NOIDA

HOW TO CONNECT



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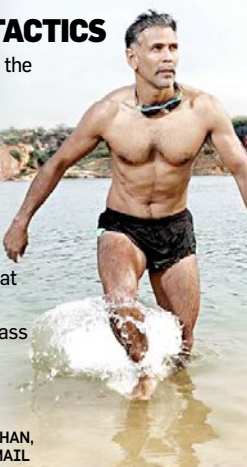


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IRONMAN TACTICS

I absolutely loved the article written by Milind Soman on his experience at the Ironman Challenge. The insights were inspirational and Soman showed that an Indian guy can also be a world-class athlete at almost 50 years of age. Hats off!

DEEPAK K. CHAUHAN,
VIA EMAIL



BOLLY KNOWS BEST

Two things struck me as I read through The Bollywood Issue of *MH* in August. One: That the workouts of Bollywood stars are as ordinary as our own; it's just that their resolve is greater. And two: The trainers who cost them lakhs of rupees help keep them on track. Is that why *Men's Health* rarely puts professionally sculpted physiques of actors on its covers, and goes with real guys instead?

DEEPAK ANJAN,
VIA EMAIL



SWEET SOMETHINGS

I loved looking into the meal boxes of the super stars, especially those of Shahid Kapoor and Kangana Ranaut, 'coz they're all-vegetarian. But most of all, I loved how the nutritionists had catered to Ranbir Kapoor and Aditya Roy Kapur's sweet tooth by creating Marika's Chocolate Mush with cranberries, raspberries and shaved almonds.

A dessert that packs 35g protein and just 5g of fat is a good dessert indeed!

ANUSHA MAHAJAN,
VIA EMAIL



MH READERS' POLL

LAST MONTH'S QUESTION

WHAT IS YOUR FAVOURITE NON-GYM EXERCISE ROUTINE?

TRX at home.....	4%
Parallel bars at a park.....	9%
Yoga.....	10%
Walking.....	23%
Cycling.....	24%
Running.....	30%

Total: 245 respondents

Log on to www.MensHealthIndia.com to answer. Watch out for *MH* October '15 for the results

Write to: TELL MEN'S HEALTH, India Today Mediaplex, FC-8, Sector 16/A, Film City, Noida - 201 301 or email at menshealth@intoday.com

FITNESS REDEFINED

Deckline Leitao's column comparing functional fitness over traditional weightlifting was very well etched out. Kudos to *Men's Health* for giving clarity over two forms of fitness, each with its own pros and cons.

SHYAMAL B, VIA EMAIL



facebook



AGENDA FOR ABS

The two boys with six-pack abs who had never been inside a gym, featured in the August issue of *Men's Health*, made me do some rethinking of my abs agenda. Ashish Thakur and Chirag Larje are simple and focused, just how your quest for fitness should be!

KEVIN G, ON FACEBOOK



THE ULTIMATE RETREAT

R THE SPA

For the mind, body and soul

Spread over three levels and 20,000 square feet, R The Spa-an urban spa at Radisson Blu Plaza Delhi- offers a choice selection of rejuvenating massages that are a blend of Asian traditions and European therapies. With its lavish suites, an aqua bed that promises a floating experience, a Vichy shower and a hamam table and shower the spa is designed to therapeutically transport guests to a world of tranquillity. Apart from revitalising visitors after a tough day, the spa also offers the chance to get into a fitness mode at the Fitness Studio, a state-of-the-art gym that comes equipped with cardiovascular machines, bicycles, treadmills and strength training gear.

On a divine trip

While the first floor focuses on fitness, the second is meant for spa therapies, and the third caters to beauty needs. Each of these levels is dedicated to rejuvenation, relaxation and replenishment respectively. Though every self-floor is self-contained, each is linked to the other with specially-designed lattice screens to ensure that guests can move between floors in relative privacy. Specially designed fragrances and music waft through each room, adding unique elements to the atmosphere at R The Spa. After treating themselves to indulgent therapies, guests can energise themselves with a nutritious meal at the Spa Bar. High-fibre and low-calorie snacks, energy drinks, fresh juices, mocktails, herbal teas

and salads are served here. Chefs at the Spa Bar can also design a meal tailored to guests' individual requirements.

You can round off your visit by resting at the relaxation lounge, a softly landscaped spa exterior with a cascading water body, lush green plants and a water fountain, designed to further enhance the therapeutic experience. R The Spa also provides the option of extending the spa experience at home through its spa product range. After getting a treatment with the finest botanical formulations for extended body, skin and hair care, these products help keep guests rejuvenated until their next visit.

The range of therapies, fitness provisions and beauty treatments at R The Spa act as an antidote to the everyday stresses of a busy life.



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MH Event



TAKING CENTRE STAGE
Model Archana Vijaya made for a fit and happening host



THE BEST OF BOTH WORLDS
Actors Tiger Shroff (from l to r), Shraddha Kapoor and FitBit's CRO Woody Scal smile for the camera.



UNDER THE SPOTLIGHT
A candid Tiger Shroff shares his views

FIT AND FINE!

Men's Health celebrates the first official launch of a fitness wearable device in India

The biggest names in the Indian fitness industry came together with *Men's Health* to celebrate the launch of FitBit, the world's leading fitness tracking device at The Oberoi, New Delhi on Aug 25, 2015. FitBit CRO **WOODY SCAL** flew down from San Francisco especially for the event and presented the company's plans in India, in addition to the details and features of the extensive range of devices. *Men's Health* Editorial Director **JAMAL SHAIKH** gave the audience a fun, anecdote-filled view on the changing fitness scene in India ever since *MH* was launched in 2006, with special stories of Bollywood stars. Emcee **ARCHANA VIJAYA** added glamour, while top fitness experts **VESNA PERICIVEC JACOB**, **SUMIYA DALMIYA**, *MH* Best Personal Trainer Award Winners **DEEPAK RAWAT** and **PIYUSH PANDEY**, **ADITYA** and **SHEENU ARORA**, running expert **GAGAN ARORA**, master kettle bell trainer **MANISH RUHAIL**, Crossfit Coach **KAMAL CHIKARA** made up the high-powered audience. Former *MH* cover guy and actor **TIGER SHROFF** joined the party in the evening with **SHRADDHA KAPOOR** on the rooftop of the hotel, signalling that the launch was not the end, but the beginning of fit times to come. With the biggest thought leaders from India and abroad in attendance, the event was power-packed, alright, but superbly fun as well!



STRIKE A POSE
Actress Shraddha Kapoor dons the colourful version of the fitness device



RAPT ATTENTION
Wellness expert Vesna Jacob and husband Anurag talk shop



MEN'S HEALTH UNPLUGGED
Editorial Director Jamal Shaikh talks about the evolution of fitness in India



TALKING TECH
Rajiv Makhni spoke technology



ENRAPTURED!
The day audience consisted of some of the best-known names in the Indian fitness industry



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MUSCLE

B

GO BIG, GROW BIG

You know that heavy lifting leads to faster gains. Now science explains why: Lifting to failure with a heavy weight activates 53 per cent more muscle fibres than doing so with a light one, a study in the *European Journal of Applied Physiology* reveals. But don't abandon light loads entirely. "While most of your sets should be in the six to 10 rep range, doing occasional 20 to 30 rep sets will ensure that you hit both fast- and slow-twitch muscle fibres, maximising your overall growth," says lead study author Brad Schoenfeld, PhD.

FOR
MAXIMUM
GAINS,
DON'T
FORGO
LIGHT
LIFTING

ON OUR RADAR

Make Some Waves

This is easy to grasp: Battling ropes exercises can make your metabolism skyrocket, according to a study from the University of Minnesota. Researchers found that using battling ropes for just 10 minutes can burn about 150 calories, putting it at par with other popular metabolic training tools, such as kettlebells. Cap off your next workout with this drill from study author Charles Fountaine, PhD. Grab an end of the rope in each hand and begin making up-and-down waves. Go for 15 seconds and rest for 45 seconds. Do this 10 times total.

30
PERCENT REDUCTION IN LIFTERS' QUAD ACTIVATION WHEN SQUATTING WITH KNEE WRAPS VERSUS WITHOUT.
SOURCE: JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

POWER BY DIVISION

If your goal is to jump higher, throw harder, or sprint faster, don't mix power and strength training, say researchers in Greece. Their study found that men who did separate power workouts gained more explosiveness—a key element of athleticism—than men who folded power exercises into their strength sessions. The scientists' advice: Once or twice a week, do three sets of eight explosive reps of barbell squats, bench presses, jump squats, and broad jumps. For the first two moves, use 30 per cent of your one rep max.

PHOTOGRAPHY: GO BIG... 123RF; RULE REVERSAL... DREAMTIME; IMAGING: RAHUL SHARMA

RULE REVERSAL

OLD RULE

Doing low-intensity "filler" exercises between sets of other lifts—jumping rope during rest periods for the bench press, for example—can accelerate your gains without compromising your performance.

NEW RULE

Take a load off. Sitting for two to five minutes between sets may help you recover faster and more completely, allowing you to put more effort into each rep, say scientists at the University of Utah.



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ON OUR RADAR

Don't Sleep With The Fishes—Eat Them

Give your diet a sea change. A Chinese study suggests that consuming fish may help protect you from liver cancer. People who ate fish the most had an 18 per cent lower risk of liver cancer than those who ate the least. The Omega-3s may help stop your immune system from flaring up, reducing cancer-causing inflammation. For every serving of fish you eat per week, you may net a six per cent decrease in your liver cancer risk.

NUMBER OF CUPS OF COFFEE YOU SHOULD DRINK DAILY TO OPTIMISE THE JAVA'S ARTERY FRIENDLY BENEFITS
SOURCE: HEART

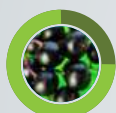
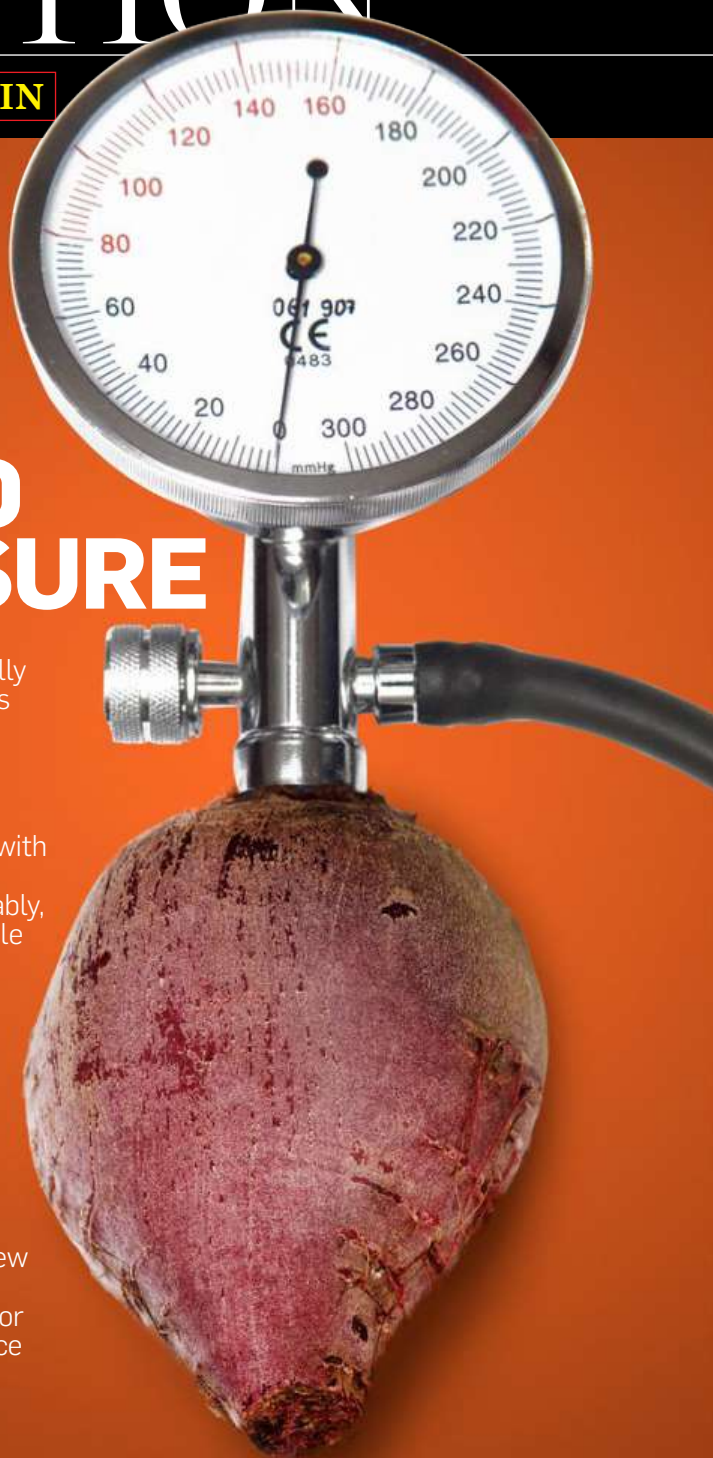
WHAT THE HELL IS THAT?

Term Organosulfur compounds
What They Do Stave off stomach cancer
How to Eat More Choose foods in the allium family, such as onions, garlic, leeks, or shallots. People who ate about two onions a week had a 41 per cent reduction in their stomach cancer risk, an Italian study found. Slice a few onions and cook them with a bit of oil on medium low, stirring frequently, until caramelised, for 30 to 45 minutes. Sour cream with onion dip, anyone?

IMPROVE YOUR BLOOD VESSELS WITH THE BOSSIEST VEGETABLE

BEET DOWN BLOOD PRESSURE

Start rooting out hypertension. The naturally occurring nitrates in beets may help fight high blood pressure, say British researchers. People with hypertension who drank about a cup of beet juice with nitrates daily for a month saw their BP drop noticeably, compared to that of people who drank beet juice without them. Plus, their endothelial function—the ability of blood vessels to expand and contract—improved by about 20 per cent. Nitrates convert into nitric oxide when digested, lowering blood pressure within a few hours, the scientists say. No need to swig: Eat one or two beets a day to produce similar benefits.



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POMEGRANATE 2,684*



BEET 1,243



APPLE 400

PLAY SPIN THE JUICE BOTTLE

Time to reevaluate those liquid assets. In a Dutch study, scientists tested eight varieties of store-bought bottled juices to find out which ones contained the most antioxidant phenolic compounds per litre. Choose juices starting from the top of this chart.

■ Phenolics (mg)

*Bottled juices contained 50 per cent water.

PHOTOGRAPHY: BEET DOWN... DREAMTIME;
IMAGING: PLYUSH GARG



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WEIGHT LOSS

BULLETIN

MELT AWAY FIVE KILOS

Cut your gut without giving up the good stuff: Even a modified Mediterranean diet can encourage weight loss, say scientists in Germany. People who replaced the diet's standard olive oil with canola and walnut oil and ate two sweets a day lost an average of 5 kg in 12 weeks, while folks on the traditional diet dropped less than a kilo. More options and room for indulgence may help you avoid cravings and make a diet easier to stick to.

OIL YOUR GUT TO CUT DOWN FLAB



WHO CARRIES MORE WEIGHT?

Women use a more balanced attack in the battle of the bulge than men do. A Nielsen survey reveals that women not only exercise but also make more dietary changes. Most men hit the gym but appear to have missed the memo on the importance of healthy eating.



ON OUR RADAR

Weird Science That Works

The Finding: Refrigerating rice can save you calories. Scientists in Sri Lanka say that when rice is cooked with coconut oil and cooled, its concentration of resistant starch rises more than ten-fold. This carb isn't easily broken down, so more of it could mean fewer calories—up to 60 per cent fewer, preliminary research suggests.



EXTRA
CALORIES
MEN
CONSUME
ON DAYS THEY
DRINK
ALCOHOL.
SOURCE: THE
AMERICAN
JOURNAL OF
CLINICAL
NUTRITION

BLAST FAT IN 3, 2, 1...

Leave it all at the finish line: You only have to run five km a week to burn fat, report Danish researchers. Runners who logged at least 4.9 km a week lost an average of 1.8 kg after a year—that's without any diet changes. Those who also cut back on soda and junk food shed five kg. Those with the will to lose weight, says study author Rasmus Nielsen, PhD, experienced the best results.

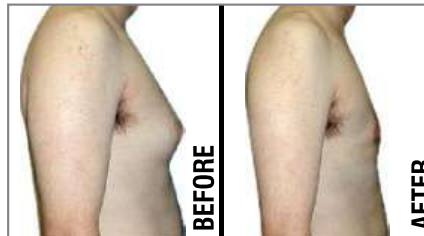
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ALPHA

ALL YOU NEED TO LEAD IN LIFE

Relationship Management: A DIY Guide

A ONE POLL STUDY HAS UNCOVERED THE SECRET TO KEEPING YOUR GIRL: 144 AFFECTIONATE ACTS A MONTH. HERE ARE WAYS THAT WON'T TAKE UP ALL YOUR TIME, YET EARN YOU CREDIT

PHOTOGRAPHY: BIBHUTI BHATTACHARYA

PLAN A NIGHT OUT

Why? Studies published in *The Journal of Neuroscience* show that novel settings result in a rush of dopamine (a pleasure hormone that increases attraction) reduces stress and boosts your mood. But the onus of organising the date is on you: Studies at Santa Clara University, California, have shown that over 75 per cent of women expect you to make the plans.

Get it right Ensure that you never pick a dud venue (log

onto littleblackbook.com) without resorting to the same tired old bistro by signing up for the free event guide. Just key in deal breakers such as "cuisine type" (zomato.com) or "movie genre" (bookmyshow.com) with the location of course, and you will be surprised to see the zillion options that show up.

MAKE HER A MIX "TAPE"

Why? Psychologists from Stanford University in California found that the gifts that require thought are the ones most appreciated.

Get it right Get all the results of a mix CD without spending hours trawling through your music collection with the free iPod Genius application (apple.com/itunes). Pick a song and

HELP HER DE-STRESS AFTER WORK

Why? "Women feel stress more acutely than men but an oxytocin rush, caused by close physical contact, neutralises the stress hormone cortisol in women," says sex therapist Dr Ian Kerner, author of *She Comes First*.

Get it right Don't bother—if executed properly this is the most time-efficient way of managing her needs. After studying over 2,000 women using a self-developed scale,

University of Washington researchers found that a single hug lasting 20 seconds scored four brownie points with women (ignoring her scored -4 and flowers scored +2). "Men are task-focused so turn this into a game and you'll give yourself a rush of testosterone and the reward chemical dopamine which will make you happier," says Dr John Gray, author of *When Mars And Venus Collide*. "Aim to hug her once as soon as you wake up and again right before you leave the house, then you are already 50 per cent there. Another trick—as soon as you arrive home give her a hug, then when she pulls away from you, playfully pull her back into another hug. You'll get twice as many points for this move," he adds.

Genius scours your music files for similar songs and instantly creates a playlist which can then be burned to CD. Out of touch with music? Genius will suggest songs you should buy. If you're stuck for a genre, consider this: University of Leicester psychologists have discovered that hip-hop fans have more sex.

MALE



TAKE THE SWEAT OUT OF
PRESENT-GIVING AND SAVE IT FOR
OTHER EXERTIONS

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Turn the page
to complete your
course of action



EAT OUTDOORS

Why? Eating alfresco will boost her mood and sex drive. Boston State Hospital studies in the US found summer sunshine raises (both your) testosterone levels by 120 per cent. "Sunlight also stimulates the body rhythm-regulating pineal gland, which makes her more relaxed and up for sex," says Kerner. "Plus all women are subconsciously looking for a provider. Food shows you are making an investment of your time."

Get it right Get a pre-packed picnic bag with glasses, cutlery and cloth in a traditional wicker hamper to tap into those romantic ideals she's been sociologically spoon-fed. Make sure you pack the sex-drive boosting dark chocolate, cheese, wine and ham. "Cheese contains tyrosine which makes the sexual stimulants dopamine and norepinephrine," says, Michael Albertson, author of *Temptations: Igniting the Pleasure and Power of Aphrodisiacs*. "Wine increases the body's output of libido-enhancing dopamine, and chocolate has L-arginine which increases bloodflow to the genitals."

FEED HER RIGHT TO REAP THE BENEFITS



BEDROOM CONFIDENTIAL

The science of sex, explained BY POOJA BEDI

Q

Facing Dilemma

Sex with my fiancée is great, but I'm still lusting after women in the office. What's up?

RAJNISH RATHI VIA EMAIL

Could it be that you're human? From an evolutionary perspective, men and women were meant to have sex—not work side-by-side. You put people of opposite sexes in close proximity and sexual thoughts are bound to crop up. And the fantasising? Totally normal.

UPLIFTING TASTE

How do I make myself "taste" better when she goes down?

SHUBHENDU ROY, KOLKATA

You're never going to taste like her favourite chocolate, and that's okay. Your smell and taste is a part of you being human. But certain fruits (pineapples, citrus fruits, bananas, papayas) and spices (nutmeg and peppermint) can up the flavour of your semen. But remember, cigarettes, caffeine, red meat, alcohol, onions and garlic can make it taste worse. Also, make sure you shower beforehand and don't forget to keep yourself neat and trimmed down below.

From the original Kamasutra girl to a full-time mother of two, Pooja Bedi personifies India's modern age woman of substance. An actor, TV presenter, model and columnist, Bedi's answers speak with a personal honesty few take pride in flaunting

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Catch A Break

SIX WAYS TO REAP THE MENTAL BENEFITS OF THE AVERAGE 10-MINUTE CIGARETTE BREAK—WITHOUT CHARRING YOUR LUNGS

Mini break 1



TAKE A BITE OF ZEN

Replace calming but damaging nicotine breaks with this zen-inducing snack devised by nutritional therapist Miguel Toribio-Mateas. Prep and enjoy in less than 10 minutes.

A High tryptophan levels in eggs boost relaxing brain chemicals.

To cook at work: Place in a full kettle; boil; stand for two minutes; boil again.

B Let the egg cool. Slice up six mushrooms, which contain beta-glucan, a complex sugar that protects you against stress.

C Load your plate with broccoli. It's high in folic acid, which keeps the stress hormone, cortisol in check.

D Chop the egg, mix the ingredients and season. Then eat between tasks in the office when you need a 10 minute screen break.

Mini break 2



USE LIGHT THERAPY

Finnish studies found that a fast way to relax is to beam light into your brain via headphones. No, really. Valkee, is an iPod-like device that shines rays into your head via your ears to lift your mood. If anyone asks, you're listening to Nirvana, not striving for it.

Mini break 3



UPGRADE YOUR CUPPA

"Lime flower tea has an antispasmodic effect, which is great for stomachs knotted with stress," says Delhi-based nutritionist, Jia Singh. Wait for six minutes before drinking: The tea will cool to an optimum 60°C.

Mini break 4

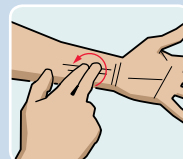


RELEASE PRESSURE

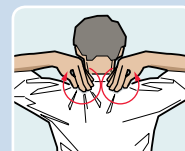
Wring out stress with this 10 minutes pressure-points massage from acupuncture specialist Mami Tsang. Work in a circular motion for 15 seconds, stopping for five seconds between each step.



A Massage the point midway between your eyes with a fingertip. Then move to your temples, using the tips of your fingers.



C Work your 'Pericardium 6' point. It's on your inner wrist, three fingers' width down from the crease. Repeat on your other arm.



B Use your finger tips to work on your trapezius muscle, then massage the base of your neck with your thumbs.



D Massage the webbed area between your thumb and index finger. Repeat **A-D** twice, then return to that report refreshed.

Mini break 5



WRITE NOW

"Take 10 minutes to type a list of work frustrations," says business coach Anne Corstorphine. "You'll instantly feel calmer." Paste this into an email, but instead of sending it to your boss, fire it to trash.

Mini break 6



DRINK BLOOD

Put the squeeze on stress with two juiced blood oranges. "Their aroma induces the production of alpha brain waves, making you feel calmer," says Singh.



You're Lifting Wrong!

SEPARATE FACT FROM FICTION AND ACCELERATE YOUR GAINS

Some things are beyond question—planetary motion, LeBron James' defense. But when it comes to weightlifting advice, it pays to be a skeptic. "The gym is filled with false information," says *MH* fitness expert, Deckline Leitao. Here are five weightlifting myths that might be holding you back, and the fast fixes that will have you seeing results again.

MYTH 1

GOOD FORM IS EVERYTHING IN THE GYM

The Claim Performing exercises the way they're intended will maximise results.

The Truth Sometimes cheating can boost your gains. Using a bit of momentum in the lateral raise, for example, increases the torque of your shoulder joint, helping you raise a heavier weight to the point at which your deltoids take over, notes a study in the *European Journal of Applied Physiology*. "You can achieve a similar effect with biceps curls," says Leitao. Just keep the body angle to a minimum.

MYTH 2

SLOW LIFTING BUILDS HUGE MUSCLES

The Claim Deliberate, controlled lifts ensure proper form and accelerate muscular gains.

The Truth Slow and steady is a smart strategy for lowering a weight, but lifting it quickly activates more Type II muscle fibres, which have the greatest growth potential. Bottom line: "Vary your lifting speed," says Deckline. "In the bench press, for example, pause every five inches on the way down, and then push up explosively." Varying your pace will fatigue you faster, so start doing this on the last reps of your final set.

MYTH 3

IF YOU WANT TO GROW BIG, YOU HAVE TO LIFT BIG

The Claim Heavy weights and low reps (five or fewer) trigger the greatest increase in muscle mass.

The Truth The sweet spot is six to 15 reps, says Brad Schoenfeld, CSCS, author of *The MAX Muscle Plan*. Lifting a moderate weight in that rep range creates an optimal balance of muscular tension and metabolic stress. That in turn, maximises your protein production after exercise as well as the number of contracting mechanisms within a muscle cell. The result: Serious gains in size, strength, and force production.

MYTH 4

RESTING BETWEEN SETS IS CRITICAL

The Claim Giving your muscles a break lets you put your all into every set.

The Truth Staying active between sets boosts performance. "Doing low-intensity, non competing moves, called fillers, between sets enhances mind-muscle communication without compromising recovery," says Deckline. Try lateral band walks between lower-body sets and I-raises between upper-body sets. (Visit MensHealth.com/workout-center for descriptions.)



WORLD OF HURT

Play without pain
BY DR ANANT JOSHI

Q

Flat out

I have a flat foot which hurts easily after a 10-15 minute run. Please help.

SANGRAM DAHIYA, NEW DELHI

There are two kinds of flat feet—the rigid type, or the flexible type, which presents in adulthood. A rigid flat foot usually needs specific surgical treatment. A flexible one can be managed with customised arch supports (insoles) and an exercise programme to strengthen intrinsic muscles of the foot and invertor muscles of the hind foot.

SHIN UP

I've recently started running and my shins are killing me. How can I prevent this?

VIKRANT DAS, VIA EMAIL

There are a variety of reasons for shin pain after running. The most common being abnormal, unaccustomed stress on the bones and related soft tissues. This is specially aggravated due to hard surfaces like asphalt or concrete. Try running on natural surfaces like grass, ground, gravel or sand. Stretch and strengthen your leg muscles.

Known popularly as the sports doctor to India's best-known sportsmen, Dr Anant Joshi is an orthopaedic surgeon and is regarded as one of the top doctors India has ever produced

Crush All Your Cravings

YOUR FOOD FIXATION IS LIKELY A DIFFERENT DESIRE IN DISGUISE. DON'T CAVE! FIGHT BACK WITH THESE SIMPLE STRATEGIES INSTEAD

THE CRAVING

A MEATY, SAUCE SLATHERED BURGER



Did you frequent the Golden Arches with your high school friends or after acing your college exams? Those fond memories are mixed with the food you ate, says, Dr Pulkit Sharma, a Delhi-based counsellor and psychologist.

THE COUNTER MEASURE

► Order a different kind of nostalgia—and hold the calories. Check your high school bud's Facebook page, or listen to your favourite band from college, Sharma says. Even minor diversions can help you through the fast-food fixation.



THE CRAVING

A SUNDAE WITH CHOCOLATE FUDGE



Over consumption of sugar can make you feel lethargic, says Delhi-based nutritionist, Jia Singh. Research has found that the white stuff may intensify your cravings for pleasure-producing chemicals, such as dopamine and opioids. It's a high you're after.

THE COUNTER MEASURE

► Smart swaps give you a fix without busting your gut. Lusting after fudge? Have a square of dark chocolate. Still hankering for the creaminess of the ice cream? Eat frozen yogurt with a touch of honey. The jones will ease.



WHOLE BAG OF POTATO CHIPS



Carbs, salt, and fat are the Shankar, Ehsaan and Loy of food: As a trio, they're trouble, stirring up chemicals that block your ability to stop feeding your face, says Singh.

► Think: Eating this food is not in line with my goals. You'll activate the brain regions responsible for resolving internal conflict, says Sharma. Also try snacking on slices of sweet potato or *makhane* roasted till crispy.




A HUGE, GREASY HANGOVER BREAKFAST



You're thirsty, not hungry. Booze leads to dehydration, which makes you think you need sodium-laden fare. If you do eat more salt, you'll further your dehydration and plunge yourself deeper into the hangover hell, says Singh.



► You need water and antioxidants to flush out alcohol's toxins. Fructose, a sugar found in fruit, helps metabolise alcohol, reports a Mount Sinai School of Medicine study review. So make a fruit salad, chug H₂O, and ponder your many mistakes.



Q

Oil Well

Is canola oil a healthier cooking medium than a vegetable oil?

TANMAY TIWARI, AMRITSAR

Canola oil is a good source of monounsaturated fats, the kind that, when used to replace saturated fats, can help reduce bad, LDL cholesterol. Canola is the richest cooking-oil source of alpha-linolenic acid, an Omega-3 fat, linked to heart health, whereas vegetable oil contains high levels of Omega-6 acids, which most people need to minimise in their diets. Since, canola oil has a neutral taste, it works well for sautéing and baking.

MAN CAN COOK
Add some flavour to your life
BY ADITYA BAL

HOMEMADE DELIGHT How is a home-made tortilla dip better than a supermarket one?

PRASHANT PARIKH, DELHI

Dips are notorious as salty, kilojoule-dense concoctions paired with carb heavy chips or tortillas. And, most supermarket offerings have ingredient lists that read like a chemical spill, loaded with sugar and other preservatives which allows them to

sit for weeks bottled on tables without any refrigeration. The home-made dips are a healthy option and require only a little work as opposed to the packaged ones. Get protein-filled Greek yogurt as an all time option.

A former model, TV presenter and self-taught chef, Aditya Bal is out to spread the word that real Indian men do cook!

PHOTOGRAPHY: DREAMTIME



Just **ONE** herb for **THREE** skin issues

You hear it every time you read anything skin related. Neem is the best herb for the skin. From being a tea, an ointment, bath solution, oil - Neem has earned its reputation as the go-to-herb from the days of yore to treat a whole range of skin allergies and infections.

Here is a quick look into the three key skin issues and how Neem can help you tackle them:

- Neem is known to have high antioxidants that helps prevent premature aging by fighting skin cell damaging free radicals.
- Haven't you heard Neem hates infections? It is anti-fungal, anti-bacterial and anti-viral so it's always working smart in keeping virus, bacteria, germs and bad stuff at bay. As long as you have Neem you can forget about all those niggling skin issues – pigmentation, acne and pimples.
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This is just a scratch on the surface of what Neem can do for you. Let Neem give your skin pure love!



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24-YEAR-OLD, CHENNAI-BASED BUSINESS PROFESSIONAL, RAGHU PRASAD, BID ADIEU TO HIS UNHEALTHY EATING PRACTICES, TO MAKE WAY FOR FITNESS AS A COMPREHENSIVE PART OF HIS LIFE



FROM FAT TO FLAT

105 kilos	Weight	78 kilos
40in	Waist	32in
Burger, Pizza	Vices/Victories	Healthier and confident

FITNESS

FOOD

MOTIVATION

THEN ▼

Thanks to my interest in food, I had layers of bulk around me since before I can remember. Activity to me was only watching TV and surfing the net. Being in my comfort zone, I kept on piling kilos without a thought towards my health.

I was ignorant of the health hazards I was causing to my body. My interest in food, and that too all junk, had grown on me with time. I was pampered at home and was provided with everything my taste buds craved.

It isn't easy to deal with constant humiliation. I was mocked by my classmates and that took a toll on me and my personality, turning me into a diffident individual. It was time for me to make a decision.

NOW ▼

Achieving my set targets, be it fitness or professional, is no challenge for me now. My life is committed to my fitness regime, which includes hard core gymming along with everyday runs outdoors, at times even twice a day along with balancing my diet.

I learnt my lesson in life, and thankfully early enough. Numerous hours of workout can do you no good unless complimented with an equally effective diet plan. I make sure to never give into any temptations to eat out and prefer only home-cooked food.

Once I got into the cycle, there was no stopping for me. Not only was I working on my weight control, but I started training for a fitness competition, the Muscle Mania, which gave me an extra edge and pushed me to move further in the process.

HOW ▼

It's important to know that nothing comes easy in life. Put in the required hard work and only then dare to expect results. Be true to your routine, and if you're looking to not just shed those kilos, but attain a good physique, let the gym be your go-to place.

Just ditching the junk that my body was so used to, helped me instantly knock off a lot of kilos. Also, initially when I had set into the process, my knowledge about the good and bad of food was almost zero. Today, I control the calories I eat in each meal.

Patience is the utmost trait to build on (that is, if you don't have already) when you want to work towards weight loss. Also, self motivation is important to practise, along with having realistic goals. Remember, if you are fit, it will reflect in your confidence.

AS TOLD TO SOHANI DOGRA



COULD YOU BE MH'S WEIGHT-LOSS STAR OF THE MONTH?

Email Men's Health at menshealth@into-day.com.

Q Ditch The Carbs

Is following a low-carb regime the most effective method to burn fat?

IRFAN MALLICK, VIA EMAIL

In the short term, most people who go on low-carb diets do lose weight and lose it very quickly. However, the majority of weight loss comes from loss of water and muscle tissue, not fat, which is what actually you need to lose. Also, if you're trying to lose weight permanently, losing precious lean muscle tissue is like sabotaging your own body. Muscle tissue is metabolically active, and burns calories even when you are at rest.

WEIGHT METRE

How often should I weigh myself to monitor my weight?

ARUN JAIN, GOA

Your specific levels of hydration can cause the figures on the scale to vary by a good one or two kilos. If you happen to weigh yourself while you're dehydrated one day from not drinking enough fluids but are fully hydrated the next,

you may appear to have gained weight overnight. Weigh yourself at the same time each week. And maintain a chart, so you can plot your weight over several months—doing so will allow you to observe the trend.

A former beauty queen and a certified doctor, Aditi Govitrikar has weight-loss advice gathered academically and also from practical life as a model practical life as a model

ASK THE WEIGHT-LOSS EXPERT

She knows how to lose well

BY ADITI GOVITRIKAR



Button Up

THERE ARE STYLE RULES YOU CAN'T AFFORD TO GIVE A MISS. CATCH THE RULE BREAKERS IN THESE LOOKS, AND TURN THE PAGE OVER TO CHECK WHETHER YOU'RE THINKING RIGHT

PHOTOGRAPHER: VINOD AGGARWAL WORDS: SOHANI DOGRA STYLING: KEVIN K. MARAK ART DIRECTION: AMIT MALIK



TURN THE PAGE
TO SCORE YOUR
ANSWERS



**MH STYLE
COUNSELLOR**

Looking good
made easy

BY RAGHAVENDRA RATHORE

Q Denim Rule

Is it okay to include denim into corporate wear?

ARJUN GANDHI, PUNE

In recent years, you may have noticed your office dress code changing, the more traditional business-casual code that called for suits and blazers, dress pants and ties is slowly giving way to a denim-driven casual way of dressing. But, even as offices are rewriting the rules in favour of comfort, not just any pair of jeans will do. It is still important (and advantageous) to look your best, polished and put together.

SHIFTING PATTERNS

How do you mix or combine patterns?

VIRENDRA PARBHU, GOA

This is one question that plagues many men (many of whom get it wrong). Though this subject is rather complex, pattern mixing is more like setting the stage for adventure. There are many factors that go into putting together a matching patterned ensemble, the

most important one being, when patterns are worn together, they should be of different scales, i.e., do not wear a striped shirt and plaid jacket that have the same width of stripes.

A graduate from the Parsons School of Design, New York, Raghavendra Rathore brings his royal Rajput lineage into his fashion sensibility, making him the perfect designer for any Indian man

FOR WAYS TO
WEAR DENIM AT
WORK, TURN TO
P117

**LOOK1****ROLL IT UP**

Being a quintessential attire for a fancy evening or a business meeting, a basic striped dress shirt is one of the best ways to flaunt your dapper self. But while you do that, there is a variation you can make to ease out the uptight persona and make room for some comfort. People are often left bemused when it comes to sporting formal shirts in a semi-formal way, which is a slightly more relaxed dress code. "Roll just below the elbow, as that tends to look better than rolling sleeves up above. Folding the cuff four times works best," says Carlton DeSouza, lead stylist, Myntra.

Shirt, **Camessi**, ₹4,800; Trouser, **Gant**, ₹5,999; Shoes, **Tresmode**, ₹9,000; Watch, **Gant**, ₹7,880; Belt, **Nautica**, ₹3,400

LOOK2**FASTEN YOUR BELT**

A casual belt, as opposed to a formal one, can in no time break the appeal of your formal attire "because both are meant for different occasions and purposes. It's like having beer instead of a breakfast tea," says Mumbai-based, celebrity stylist, Nitasha Gaurav. "However, given the restrictions of accessories for men, adding a belt to your look is almost mandatory," believe Goa-based designers, Riiddhi and Siddhi Mapxencar of MapxencarRS. "It's wise to pair a belt that complements the colour of your shoes."

Shirt, **French Connection**, ₹2,999; Trouser, **Gant**, ₹5,999; Belt, **Nautica**, ₹3,400; Shoes, **Tresmode**, ₹10,000

LOOK3**UPTIGHT PLAIN**

With an inherent ability to lend you the right frame for almost every occasion, a perfectly fitted shirt can play a significant role as the centerpiece of your suited avatar. Get your hands on a light-coloured, plain one when combining with a darker suit. "Think subtle, pastel colours," says Riiddhi. A formal dress code should hit all the right notes, which means your suit must meet the formal requirements and at the same time, be relaxed enough. "Adding a tie to it is essential only if you want to dress in proper corporate fashion," says DeSouza, but it can be an option for a dinner party.

Shirt, **T.M. Lewin**, ₹3,840; Suit, **Brooks Brothers**, ₹49,000; Tie, **SB.J.**, ₹999; Watch, **Gant**, ₹7,890; Belt, **Nautica**, ₹3,400; Shoes, **Tresmode**, ₹9,000

LOOK4**TAKE THE RIGHT STEP**

This is, by far, the most fatal mistake most men commit when sporting a dress shirt: Wearing flashy shoes and thinking that it's acceptable for formal or corporate events. "Sharp formal looks require formal footwear. These could be lace-ups like brogues or oxfords, or buckled shoes like monk-straps, which are also in-trend this season," says Gaurav. There is nothing that will make you look more stylish and lend you that gentlemanly perfection than a nice pair of dress shoes. "Casual shoes do not work well with a corporate look, so it is safe to wear formal lace-ups," says DeSouza.

Shirt, **Tommy Hilfiger**, ₹3,850; Trouser, **Koovs.com**, ₹2,990; Belt, **Nautica**, ₹3,400; Shoes, **Tresmode**, ₹9,000

LOOK5**KNOW YOUR KNOT**

Ensure that the pattern of the tie you chose to go with your shirt, complements it equally and effectively. You are free to experiment with patterns on your shirts, ties and handkerchiefs as long as they are not too bold. "Self-coloured slim ties work best, but depending on the size of the checks and the colours of the shirt," says DeSouza. A patterned tie teamed with a patterned shirt holds the capacity to kill the glam of the entire look, if not worn the right way. Also, note that the pattern on your tie should never be more noticeable than the one on your shirt.

Shirt, **T.M. Lewin**, ₹2,850; Trousers, **Koovs.com**, ₹2,990; Tie, **Ashish Soni**, ₹3,280; Belt, **Nautica**, ₹3,400; Shoes, **Tresmode**, ₹9,000

STYLE RATING 1: You Need Fashion Counselling **2 & 3:** In The Know **4 & 5:** Fashionably Forward

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YOUR PERSONAL CARE TRAINER

Taking Care of fitness is something that you consciously do. Whether it is gymming, running, cycling, sports - you are into whatever suits you. You sweat it out to keep fit. And you surely enjoy doing it. It makes you happy and also a responsible person. You are proactive in taking steps to address issues that you perceive as future problems.

But there is another invisible problem that accosts you when you step outdoor and you tend to ignore it. It is the Pollution that accosts you. You need to take active precautions on that front too.

Once you are done with your work out, indulge in a bit of Pond's Men therapy. We suggest a thorough wash with the New Pond's Men Pollution Out Face Wash. With this product, we harness the powers of Coffee Bean, Activated Carbon and Brightening Foam to employ a multi-benefit approach in caring for men's skin needs to make your skin bright + energized.

Once you are done with it, we advice you to follow it up with the Ponds Men Energy Charge Gel Moisturiser. It fights the damage caused by UV rays by enhancing blood circulation giving your skin the healthy energized glow throughout the day.

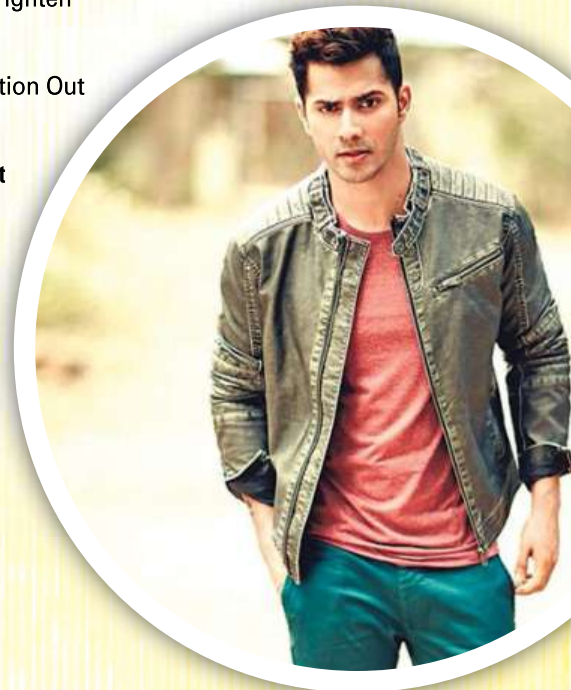
This complete Pond's Men treatment will leave your tough skin squeaky clean after harsh hours in the open. The activated carbon extracts are known for their deep cleaning properties and the coffee beans give the face wash the effectiveness of a scrub. The Brightening Foam removes Pollution from outside to brighten any dull skin.

The New Pond's Men Pollution Out FaceWash.

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SET DOWN THOSE SHEARS AND LET YOUR MANE REIGN

Growing out your hair used to mean risking comparisons to '90s-era actors like, Sanjay Dutt or Jackie Shroff. But in this century, you're starting to see some of the biggest stars—Shah Rukh Khan, Ranveer Singh, Ranbir Kapoor—rocking serious mops that don't look out of place (or date). And it's not just because of their armies of stylists. "With just a bit of maintenance, long hair can convey instant warmth and sexiness," says Steven Mick, international creative director, Blliis By Ravissant. "It doesn't have to be messy and unkempt." Embrace these styling principles to start winning the long game.



1/ AVOID A HAIRY SITUATION

Before you begin, take stock of your locks. Not everyone can grow out their mane—nor should they. Very coarse hair? Be forewarned: "It'll only get bigger and bushier," says Mick. (See: Aditya Roy Kapoor.) And if your hair is thinning or receding in the front, don't even bother trying. A longer style just draws attention to those fading follicles. So if that's you, opt for a shorter, tighter cut.

2/ DON'T GET ALL SNIPPY

For many men, the biggest challenge is being patient with their pate. Hair grows about half an inch per month, says Mick. Making the transition from a cropped cut to something she'll want to run her fingers through will take about a year. Yes, there will be hot, humid summer days when you'll be tempted to hack it all off, so keep a bandana handy. "There's no quick, easy way," adds Mick, "but the end result makes the wait worthwhile."

3/ GIVE YOURSELF A HEAD START

Because the hair on top of your head grows slower than the hair on the sides, timing is crucial if you want to avoid bad hair days, says Mick. To maintain a better shape, wait until you have at least four inches on top; then, start growing out your sides. As your hair becomes longer on top, just style it back: While it's damp, use a nickel-sized amount of a leave-in conditioner.

4/ SEE THE MAINTENANCE MAN

You may have less face time with your barber, but pay the guy a visit every two to three months to keep your neck, hairline, sideburns, and facial hair from overtaking your face, says Mick. Products that have hold, such as texturising and styling creams, can also keep hair out of the way without clumping. As you approach your desired length, tame longer strands with discreet elastic bands.

HOW TO ROCK YOUR MOP

These looks take seconds to style



ALL NATURAL RANVEER SINGH

Sometimes doing less to your hair shows off more, says Mick. "Just apply some leave-in conditioner after a shower and run your fingers through it."



THE PERFECT PART CHRIS HEMSWORTH

"For a more styled look, simply apply a styling cream or conditioning gel to damp hair," says Mick. "Use a comb to create a defined part, and then tuck the rest behind your ears."

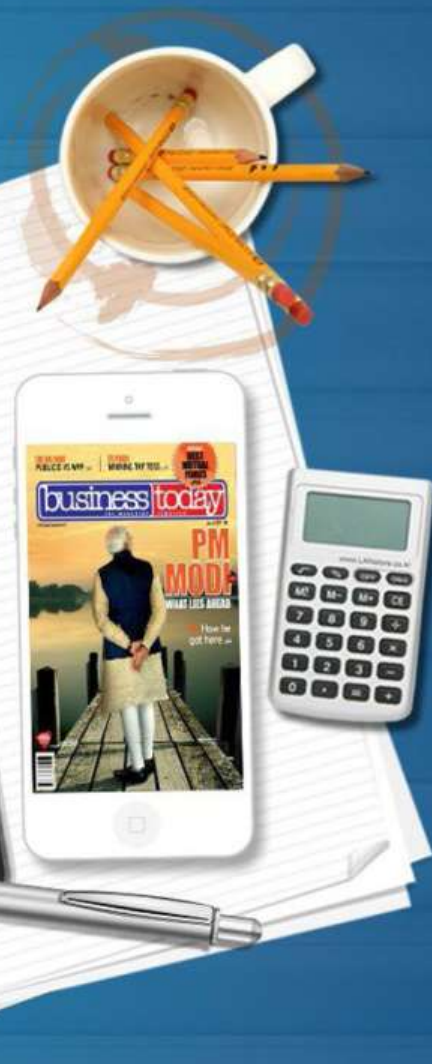


THE STYLISH KNOT SHAH RUKH KHAN

It should look effortless: Grab your hair and twist until it's coiled on the back of your head, above your ears. "Tuck the end behind into a ponytail and secure it all with a band," Mick says.

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FOR MANAGING TOMORROW



Q LOSING AT ANYTHING BUGS ME FOR DAYS. HOW CAN I GET OVER IT FASTER?

VARUN BAJAJ, PUNE

You have to understand why a loss makes you lose it. We are often raised in an environment where winning is paramount. Your strategy to end loss-related self-loathing is thought stopping. Whenever you have a negative thought, think of the word "stop" and follow it with a positive thought—about an upcoming vacation, for example, or the time you landed your first job. Although, there is no particular criteria and everyone has a different image that can be thought-provoking for their individual personalities, it's important to find one that sticks. Eventually this trick will become automatic and you'll have fewer negative emotions after a defeat.

Ask Ayushmann Anything

ON LIFE, LADIES AND EVERYTHING ELSE THAT SCREWS UP YOUR MIND

My boss is rude to our office cleaning guy. Can I speak up without overstepping?

VIVEK VAISH, NEW DELHI

Bless you, brother. I've seen plenty of such men around. And guess what? Everyone knows exactly who they are. They're the guys sitting alone during office parties. So just ignore your boss. You and the others all know he's wrong, but unfortunately, sticking your neck out won't help. Just keep being a nice guy, and the janitor—plus your colleagues—will notice.



How should I greet female coworkers in after-hours meetups? The hug? The cheek kiss? The shrug 'n' wave?

JACKY THOMAS, AMRITSAR

Here's an answer that doesn't apply anywhere else in male-female relations, but we'll tell you anyway: Let her decide. Most women

have a pretty good idea of what they feel comfortable with. Maintain eye contact on the approach, and when she offers the cheek, go for it.

I dated a girl I met online, and discovered she was about 10kgs heavier than her photo. The

date went badly. She followed up by asking if it was her weight. What's my response?

ARUN NARANG, NEW DELHI

Nothing. If I've learned anything in life, it's this: A man doesn't need to breathe a single syllable about a woman's weight, especially if he just met her. Tell her you're dating around right now and aren't looking for anything serious. Tell her you don't know why, but you two just didn't click. Tell her almost anything, but for God's sake don't tell her it's because she ordered the extra-large pizza.

My neighbour keeps inviting me over for drinks. He's nice enough but dull as dirt. Am I horrible if I blow him off?

KAUSHIK KARMAKAR, PUNE

Hey, a boring neighbour is better than a bitter one. If you make a show out of acting too busy, he'll figure you out—and then you'll have an enemy next door. So, swing by but tell him up front that you only have an hour. And

always bring a bottle of something, or else it'll feel like he's using his booze to buy your time. Being chums with the guy next door is good—especially if you ever need to borrow a ladder.

Everytime my dad visits, he insists on fixing things in my apartment. Why can't I get the guy to relax?

VAIBHAV DHINGRA, MUMBAI

Well, you could grab a wrench and join him. If you don't want your dad greasing the rusty hinges on your screen door, then don't make him sit around listening to them squeak. Pick up tickets to a movie or a play, book a tea time getaway—whatever will make him happy. Then you both can relax, and you might actually give him some stories to share when he goes home.

The Bollywood outsider who competed for the spotlight of success with millions of sperm... err, strugglers and hit bull's eye with *Vicky Donor*. He comes from Chandigarh and is the proud father of a boy and a girl.

THE MANLY ARTS

WHAT'S YOUR PLAY?

Your buddy owes you a beer; he disagrees. Better put up your fists and settle this like men. That's right—it's a Rock, Paper, Scissors challenge. Go best-of-three with these tips from Douglas Walker, co-author of *The Official Rock Paper Scissors Strategy Guide*, and the next one will always be on him.

1 Start with Paper: Your pal is likely going to throw rock. "Men will almost always start with rock," says Walker, who's analysed thousands of World RPS Society matches to chart this trend. He theorises men go "rock" to act aggressive.

2 Go with Scissors: If you won with paper, move on to scissors. Novices tend to cycle throws in a predictable pattern when they lose: Rock to paper, paper to scissors, scissors to rock. Why? Because they often play whatever move just beat them.

3 Call an Audible: What, you lost a throw? Maybe he got lucky. Besides, as every good hustler knows, you have to lose a little to win. Rebound by remembering that players often repeat winning throws because they don't think you'll expect it. Guess what? You're expecting it.

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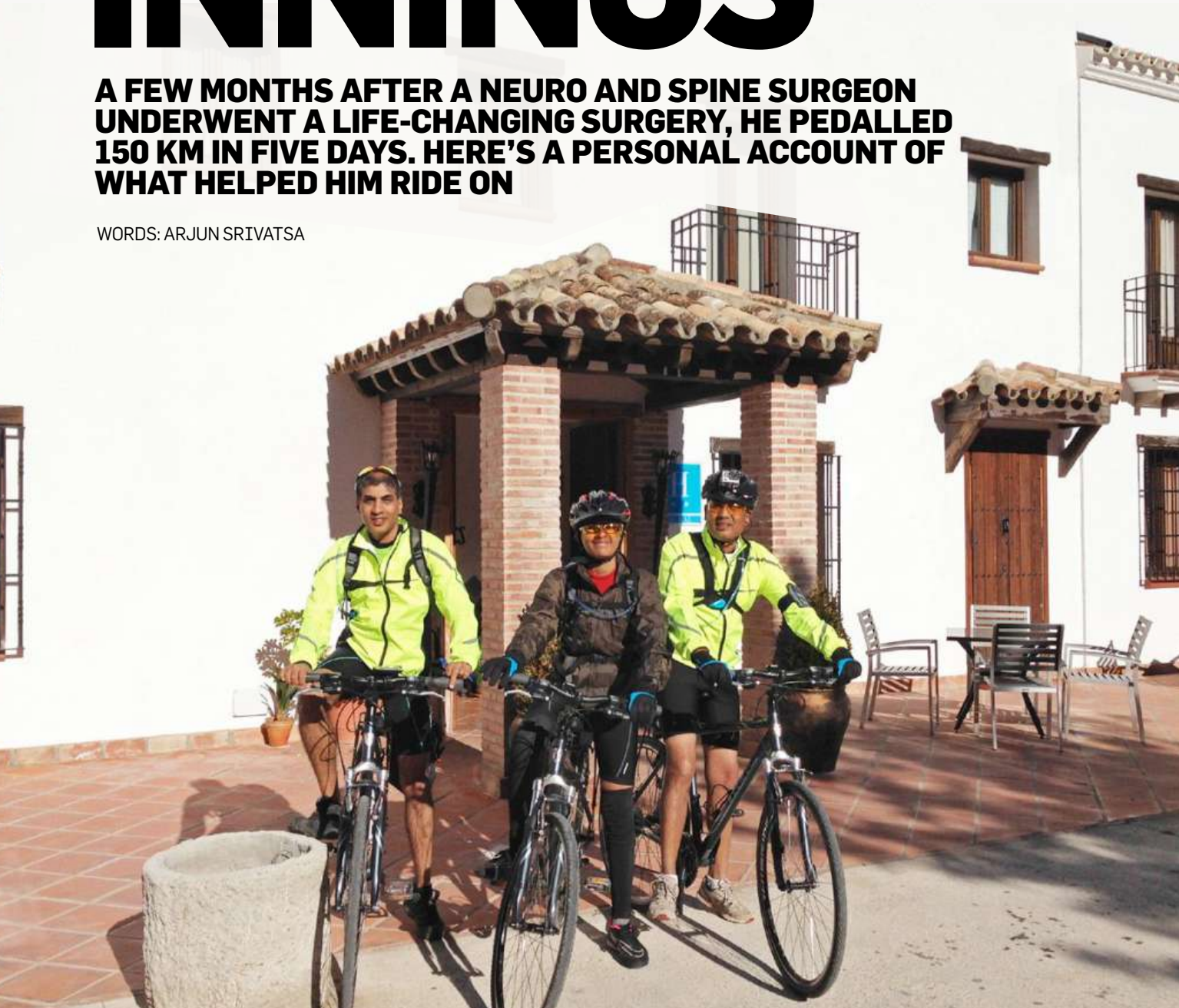


MH Try Guy

LIVE YOUR SECOND INNINGS

A FEW MONTHS AFTER A NEURO AND SPINE SURGEON UNDERWENT A LIFE-CHANGING SURGERY, HE PEDALLED 150 KM IN FIVE DAYS. HERE'S A PERSONAL ACCOUNT OF WHAT HELPED HIM RIDE ON

WORDS: ARJUN SRIVATSA



Six months after my kidney transplant, my younger brother, also my donor, caught me off guard. A competition by an Indian company caught my brother's fancy—a hunt to find the most popular adventurer on Facebook. That meant bicycling 30 km a day for five days in Spain. But was I ready to take the leap? This would mean not only a second innings in my life but would have also meant a great deal for my brother.

DO YOU HAVE A SUPPORT SYSTEM?

December last year, you read in *Men's Health* how Anil struggled (and eventually embraced) to make one of the biggest decisions of his life. I remember his words, his panic ("When the time came close, I was finding ways to escape") but most starkly his conviction ("When I moved back home after having spent 16 years in America, it was like we were never apart. Was I about to let this end? Just because I was scared?...Was it my ultimate sacrifice to let him know that no matter what, I am there for

"EVERY PERSON HAS IT IN HIM/HER TO GRAB LIFE BY THE HORNS AND LIVE IT UP WITHIN THE LOGICAL FRAME. AND YOUR WILL PLAYS A BIG ROLE IN IT"



ARJUN SRIVATSA (LEFT, IN THE BACKGROUND) WITH HIS NEPHEW, AND BROTHER, ANIL (FOREGROUND)

him?...There was nothing that could come in the way now").

So I approached my doctor, who approved of my decision, and two months later Anil announced that he had won the competition, and the three of us, including Anil's teenage son, were ready to roll. Modern medicine got me back to work in three weeks, and back to golf and partying in six weeks. But that would have been futile had it not been for the support of my wife and the priceless gift from my brother and his family. Though I did not get the time to practise cycling, I was ready to take on the challenge. Often, I would just stop as the surgical site would get sore. I wondered, was I playing a little too hard?

I often thought if I was being foolhardy to do this trip so soon after the surgery. With all the medications and the food restrictions, outdoor activities are difficult, but not if one plans methodically. The first few months are the most important period post a transplant, so a good diet consisting of home-cooked food, optimum rest and a calm mind helps you get back to daily life. I had never dreamt that I would be working out in just a month after surgery. Building my stamina was a Herculean task, as the disease does take a toll on the muscles, but stick to a regimen of walking and yoga, and you will be ready for smooth pedalling.

Today I can say, riding the mountainous roads around the city of Ronda and the small towns, even during recovery, was worth all the physical strife because I shared it with my closest friends: My brother and nephew. Thanks to the motivation I got from both of them, I can say that I would not change anything if I had to do it all over again. Those seven days were the longest that I spent with my brother after a long time, and in retrospect, we



YOUNGER BROTHER ANIL OVERCAME HIS FEARS AND WROTE ABOUT HIS KIDNEY DONATION IN *MH* DEC'14.

needed something like this. And of course, I wanted to bicycle across Spain to prove that life after a transplant is normal.

DON'T JUST GET THROUGH

Though as a donor, my brother took more time to recover, but the support he received at home got him through it. While the recipient suffers drug-related issues post surgery, the donors battle the extra pain. I guess our presence and encouragement for each other is what got us through it better than most people do. Also, the slopes in Spain showed me what he was capable of and that image will be forever etched in my mind.

Living my second innings, I realised every person has it in him or her to catch life by the horns and live it up within the logical frame. I always knew that dialysis is not the best option and a surgery seemed better, but the restrictions scared me. But all those who fear that there is no life after a transplant, I now know that your will power has a huge role to play and if I can do it, I am sure so can you. *MH*

MH Try Guy is a column where *Men's Health* places an ordinary guy in an extraordinary situation, stands back and watches the action

TAKE THE LEAP

Want to prepare for a physically daunting task after your surgery? Dr Dushyant Nadar, director, Urology and Renal Transplant, Fortis Hospital, Noida, tells you how

- ▶ Ensure an adequate supply of drugs, especially immuno-suppressants.
- ▶ Hygiene is of utmost importance as you can get diarrhea. Have boiled water, and avoid over or under-cooked food, especially street food.
- ▶ Avoid heavy lifting until three or four months.
- ▶ You can workout and play outdoors after six weeks.
- ▶ Commence your regular life fearlessly.
- ▶ You can eat anything, as long as it's healthy.

REACH FOR NEW HEIGHTS

Actor and fitness enthusiast **Dino Morea** has a plan to make every Indian fit. Here are his life's lessons that he draws on for inspiration...

WORDS: SOHANI DOGRA PHOTOGRAPHY: SHIVANGI KULKARNI

Finding an inseparable connect with fitness from quite an early stage in life, model-turned-actor-turned-entrepreneur, Dino Morea has given Mumbai a luxury which has transformed the way the city looks at fitness: DM Fitness—a concept of open gyms on the streets of Mumbai, which is free for all. With the launch of the first station last year, the count has now reached 14. Walking off the beaten path, while trying to make fitness reach the grass-root levels, this initiative by Morea has picked up pace in terms of expansion, not only in Mumbai, but also across the

country. “The Get Fit Mumbai initiative needs another 100 fitness stations in this city alone. But, I am also in the process of planning a Get Fit Ahmedabad and Get Fit Kashmir. The ultimate target is to take this initiative to every city of the country,” says Morea.

Running through the streets of Mumbai while rerunning the memory of his travel to international destinations, witnessing their innumerable outdoor fitness facilities, is what made him conceptualise DM Fitness. “I realised that besides running, there was nothing else that one could do to get fit. There was no facility of any

kind to perform any exercise routine on the streets,” he says. Revolutionising the Indian fitness scene on every level, DM Fitness is here to stay and intends to increase its awareness among its clientele more and more detailed. “To see kids working out at these stations, is more than an assurance and an outstanding feeling that everyone is willing to adopt fitness and its various forms into their lifestyle,” says Morea. Apart from taking the usual expansion route, he is also keen on encouraging fitness competitions within and outside the country through this format. “This is the only way we can get India on the international fitness map,” he adds.

Take It From Me

Dino Morea

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▶▶ **GET SET, GET FIT**



PUSH THE
ODDS, SET NEW
CHALLENGES

ON FITNESS

Fitness to me is a way of life, and not just a six-pack fixation. It's truly more wholesome as it changes your entire being, thought, confidence and outlook towards life. Given our access to the vast amount of information available at the click of a button, it has become more detailed with time. However, doing a lot of basic stuff, like functional and body resistance agility training can prove to be effective. But training all the body parts is paramount to having a proportionate body.

ON THE BIGGEST FITNESS CHALLENGE FACED BY INDIAN MEN

Fitness in our country needs to be encouraged from an early age. It's often neglected as it's not considered important by many. Lack of physical education and facilities is a critical cause. And, even on giving it a thought, many start and try to build their bodies in a hurry, often injuring themselves. Some attempt quick fixes using strange supplements and have far more serious complications. Though, the

"COMPETITION IS GREAT, AS IT ALWAYS MAKES ONE WANT TO SHINE BRIGHTER. IT MAKES YOU GO THAT EXTRA MILE AND DO A LOT MORE TO OUTDO YOURSELF"

challenges are many, all can be addressed by taking initiatives at an early stage.

ON ENERGY LEVELS CHANGING WITH AGE

Energy levels do change as you get older. For instance when I was 18-19, I could play a 90-minute game and go to the gym, workout and still be fine the next day. At 26-27, the next day wasn't exactly the same. But at 38-39, if you're fit, just completing a 90-minute game is more than enough. The healing process definitely slows down as you age. To keep yourself energetic, a good, quick workout and a great diet can work well to boost your metabolism.

ON THE RIGHT FUEL

If a person is trying to achieve a certain body type, then not just a diet, but an equally effective routine is the way forward. Diets shouldn't be misconstrued as starving yourself. Diets are good, as long as they don't shock your body suddenly. You need to ease yourself into one, while not falling prey to quick fixes. Remember, everything in moderation is good.

ON FAILURES AND ACCOMPANYING PRESSURES

Failures are a part and parcel of the journey. However, you just have to take them in your stride, learn from them, get back up and start again. I have had some fantastic highs, and equally devastating lows; they definitely make you stronger and wiser. Just don't give up.

ON COMPETITION

The hardest thing is always being ahead of the game; it's possible, but hard. However, competition is great, as it always makes one want to shine brighter. It just makes you go the extra mile and do a lot more to outdo yourself. The trick is to always take it in great spirit and push yourself enough, and not limit your avenues.

ON GROOMING

Grooming for men is more than necessary. Personal hygiene and a neat look, all add up to your confidence and personality. The usual habits like keeping clean, smelling good, wearing fresh, clean clothes—should all form a comprehensive part of your well-groomed personality.

ON STYLE

Style to me is something basic, yet smart. It is important to create your own statement that people recognise instantly; maybe the way you wear your clothes, or even a particular personality trait. Your own individual style helps you stand out from the crowd. Looking at the latest trends in the rest of the world, in terms of fashion, just helps you be more aware and stay ahead of the game. **MFH**

MH CORE

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What Men Can Learn From 50 Shades Of Grey

WORDS: PRIYA TALWAR

WHEN AVINASH MEHTA, A 26-year-old social media manager was browsing through books at a local bookstore to pick up new erotica, he found this passage and showed the excerpt to his friend Karan Seth: *"When his hand brushed her nipple it tripped a switch and she came alight. He touched her belly and his hand seemed to burn through her. He lavished on her body indirect touches and bitter-sweet sensations flooded her brain. She became aware of places in her that could only have been concealed there by a God with a sense of humour. Adrift on warm currents, no longer of this world, she became aware of him gliding into her. He loved her with gentleness and strength, stroking her neck, till she was broken up and began a low rhythmic*

wail... The universe was in her and with each movement it unfolded to her. Somewhere in the night a stray rocket went off."

Seth was dismissive. "Oh yeah, that's the aim—'the unfolding of the universe.' And don't you underestimate the power of the 'brush', and the 'glide.'" Mehta retorted, "It is almost as if the man has nothing to experience except being the cause of the 'awareness.'"

WHAT TURNS ON MEN

A nice cleavage and two girls kissing. Is that enough to turn men on? Popular perception may have you believe that a single sexual stimulus is enough to arouse men, but is that all there is to male sexuality? This assumption that the male brain responds to or is aroused

by any single sexual stimulus should have made Mehta and Seth feel some twitching in their trousers while reading this passage. But both disagree. "It offers nothing authentic to a man's experience and more so, it portrays a very typical, thus, limited view of what women want from sex (eg, the universe unfolding) and the way a man behaves in bed—the gentleness has to break her open and the man is always on the receiving end," Mehta says.

THE 'NEUROSCIENCE' BEHIND DESIRE

When Ben Okri wrote the book, *The Age of Magic*, he probably did not know he was going to get the 'Bad Sex in Fiction Award.' Only if this book had been marketed as a popular romance, the genre many

STEREOTYPING A MAN'S
DESIRE: SCIENCE CAN'T
TELL YOU WHY SHE MAY
OR MAY NOT TURN YOU ON



feel women prefer over extreme stimuli intended to cause sexual excitement (read porn), Okri would probably be selling movie rights for his book. Authors Ogi Ogas and Sai Gaddam of *A Billion Wicked Thoughts: What The World's Largest Experiment Reveals About Human Desire*, in an interview reflected this widely accepted view of what men and women prefer between porn and erotica. While men prefer porn, the most popular erotica for women, they say, is romance novels and then, fan fiction. Women prefer visual porn by a long shot because of the "fundamental difference between the male and female brain. Female desire requires multiple stimuli simultaneously or in quick succession. In the male brain, physical and psychological arousals are united. If a man is physically turned on, he's mentally turned on too," they argue.

WHAT TURNS YOU ON, ISN'T EASILY ANSWERABLE

But do all men experience the awakening of their genitals by the bam-bam-thank-you ma'am stuff, be it in films or literature? Samir Parikh, director, mental health and behavioral sciences, Fortis Healthcare, says typifying sexual behaviour on the basis of gender is outdated and stereotyped. "Women also respond to single sexual stimuli and moreover, arousal is not a pure physical act which involves no mental functioning."

In fact, in a study at the Kinsey Institute, researchers found that a group of highly sexually active men did not respond to porn clips that had proven successful in eliciting sexual responses in earlier studies. Only when the subjects were provided with a wide variety of porn clips to choose from, clear signs of arousal were obtained. "We know little about why something may turn on one person, but not another. We know little about how people develop preferences for specific kinds of sexual stimuli. Or why is it that the same fantasies or images can arouse some over and over again, while other people need something new every time," wrote Erick Janssen, PhD, associate scientist at The Kinsey Institute for Research in Sex, Gender, and Reproduction at Indiana University.

Also, the stereotype that female sexuality is typified by the romance

HAS WOMEN'S INTEREST IN KINK BEEN UNDERESTIMATED?

Answers to questions *Fifty Shades of Grey* has thrown up to men:

How do you know if she wants S&M?

You just will never find out unless you explore.

Psychologists at Case Western University, US, found the main appeal of bondage and spanking is, that it allows people to step out of normality.

How do you start?

Dr Mahesh Nawal, an Indore-based sexologist says that the best way is to give her extra positive feedback whenever there's a chance for her to call the shots during sex. For example: "You look so hot when you ride me." That's a good start. "Pleasure works on a feedback loop. If someone expresses delight from any activity, you're likely to get

pleasure too and to repeat that act. Otherwise, 'I'd love to worship you,' rarely fails.

How do I know she's sure about doing it?

Make sure you sell your adventure into submission as a mutual experiment. That's of paramount importance. Also, if she thinks it's all about exploring your freaky side, she's less likely to be receptive, adds Dr Nawal. Make sure you agree on prearranged signals that allows one to withdraw consent.

Who sets the limits?

It's the submissive, not the dominant, who sets the limits. Set boundaries, and don't play on the same day as you negotiate, Dr Nawal says.

Can you sign a contract?

Daphne Menezes, a Delhi-based advocate says that because BDSM is not legally recognised in India, there are no binding contracts. According to the *Journal of Indian Academy of Forensic Medicine*, even when there is full agreement, in certain situations like an injured partner seeking medical treatment—it may be filed as a medico legal case. "Indian law does not permit the injuries, grievous in nature or which are likely to cause death, even under consent," writes Sunil M Doshi, a assistant professor, Smt. B. K. Shah Medical Institute and Research Centre, Vadodara. Making certain rules of the play and defining certain limits can reduce the chances of complications.

The idea that men are porn addicts unjustly portrays them as sex freaks

novel and male sexuality approximates pornography does not seem to do justice to the complexity of human sexuality, says Nigel Barber, PhD, Biopsychology in an article questioning the underestimation of women's interest in pornography by evolutionary psychologists. He says that research has proved that physiology of sexual arousal and sexual pleasure is quite similar in men and women. "Based purely on physiology, one would imagine that women are more sexual than men, which raises intriguing questions about why gender differences in sexual behaviour are in the opposite direction," he writes.

MEN ARE NOT SEED CONTAINERS

One of the most heard arguments in favour of "porn is used predominantly by men" is the evolutionary perspective. Since ancestral men had to spread their seed, the argument goes that men developed a sexual psychology that makes sex with new women exciting, both to

imagine and engage in, and this made men especially responsive to visual signals of sex, writes Janssen. But that doesn't mean women do not respond to porn. Studies suggest women show stronger physical sexual responses to porn than to more romantic erotic stimuli, he adds.

More so, perceiving men as porn addicts or the sole viewers of porn, seen as a social evil, takes away agency from men but also unjustly portrays them as sex freaks, says Ahmad Faraz, a coordinator for MenEngage Delhi, a network of men and boys for gender justice. And anyway, sex doesn't feel fantastic simply because we're furthering the species. Not only is this argument reductive, it also doesn't explain the why, says Alain de Botton author, *How to Think More About Sex*, in an interview. "What we find sexy and why we find it sexy can't be explained by the evolutionary perspective as it doesn't explain why it's really exciting to have sex with someone," he says. **MH**



The Unbelievable Four-Minute Workout

The most time-efficient and brutal way to improve your fitness, explained

HOW LONG DOES IT TAKE TO get in a great cardio workout? Not as long as you might think. That is, unless you're thinking four minutes. Seriously. Our proof: The fast and furious routines. These four minute workouts are all based on the "Tabata protocol." For background, the Tabata protocol is a training method that was originally used by the Japanese Olympic speed skating team, and named for the scientist—Izumi Tabata—who studied its amazing effect on a group of male college students. The study subjects were all fit PE majors, and most were members of various varsity sports teams.

BETTER THAN MODERATE EXERCISE

You might think it sounds too simple—and short—to work: On a stationary bike, the university students did seven to eight

20-second, all-out sprints, each separated by just 10 seconds of rest. Total time: Four minutes. (They also did an easy 10-minute warm up before each session.)

The results were fantastic

After doing the routine five days a week for six weeks, the college kids boosted their aerobic fitness by 14 per cent. By comparison, another group—who performed a steady, but moderate pace on the bikes for 60 minutes—increased their aerobic fitness by only about 10 per cent.

The upshot

The high-intensity four-minute workout was more effective than an hour of moderate cycling. Even better, the Tabata participants saw a 28 per cent improvement in "anaerobic capacity"—a measure of how long the men could exercise at their top effort. The second

group saw no such improvements. So why isn't everyone doing Tabata workouts? Well, most people would vomit—or come close to it—if they actually tried the routine that was used in the study. That's not good. Plus, to burn as many calories as you might like, you need to regularly exercise longer than just four minutes. (The study participants literally exercised themselves to exhaustion, making additional work unlikely).

The good news

Both problems can be solved—while also making the Tabata method even more beneficial.

MANAGE FATIGUE AND BURN MORE CALORIES

Instead of doing a single mode of exercise for each sprint, alternate between two bodyweight exercises that work your

WARM-UP

Do each exercise for 30 seconds back-to-back at a low intensity. Repeat twice. Rest for 90 seconds before moving onto cardio.

Plank with alternating knee-to-elbow

CONDITIONING/CARDIO

Do each exercise for 60 seconds back to back, working at around 75 per cent of your max intensity. Rest for 90 seconds before moving onto Tabata.

Lateral bound

Jog and hit the deck every five seconds

Three vertical jumps and three air squats

Jog and hit the deck

TABATA

Do 20 seconds of rocket jumps at maximum intensity, rest for

ten seconds. Do 20 seconds of angled running man at maximum intensity, rest for ten seconds. Repeat three times. Rest for 30 seconds before moving onto core.

Rocket jump

Angled running man

CORE

Do each exercise for 60 seconds back-to-back at a low intensity. Repeat once. Rest for 90 seconds before moving onto cool down.

Butterfly sit-up

Oblique side-to-side heel touches

COOLDOWN

Do each exercise for 30 seconds back-to-back at a low intensity. Repeat twice, and collapse.

Low squat groin stretch

Updog child's pose

The high intensity workout has been shown to be more effective than moderate exercise, in a Japanese study

muscles in different ways. This way, fatigue doesn't overtake you as quickly—such was the case with the stationary bike. So you're still working hard for each 20-second interval, but you're spreading the challenge around.

Will it improve your fitness as fast as it did for the Japanese college students? No one knows. But you'll no doubt find it highly effective. Whether you're short on time and need a quick workout, or just want to add some extra intensity to the end of a longer session, one of these four-minute routines will do the trick, as each mini-workout works as a "finisher."

There's more

Because this style of Tabata training allows you to better manage your fatigue, you can "stack" multiple four-minute routines together. The key is to simply take one minute of rest between every four-minute mini-workout. This way, you're able to recover briefly between routines, and give it your all each time—while creating a longer workout for greater calorie-burn. And by stacking this routine, you can choose exercises that work your muscles and joints in multiple directions—which helps you build a stronger, more fit body. **MH**

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Psyche



Your Great Escape

Leaving your job or girlfriend can get messy.
Here's how to tunnel out unscathed

ILLUSTRATION: RAJ KISHORE VERMA

EVERYTHING'S STALE

Are you certain you can only achieve your goals elsewhere?

YES

"Stock your lifeboat before you jump," says Delhi-based psychotherapist and counsellor, Dr Pulkit Sharma. Prioritise refreshing two key contacts daily, post the decision.

"Meet your boss and enquire about future projects to ensure you won't miss any pay rises or promotions," he says. If necessary, say you are considering a house move as your smokescreen.

NO

WORK

WE ARE NOT TALKING

Is the problem more than 50 per cent your fault?

YES

Don't get into the blame game. Plan for the future. "Reinforce your positives to ensure they are remembered in the reference conversation to come," says Delhi-based relationship counsellor, Rachna K Singh.

NO

Hand in your notice, but not before you have given it your best shot. "In your exit meeting, stick to the story that you are leaving to develop your career," says Dr Sharma. "Only answer the question you want to answer."

WORK

LEAVING FOR A BETTER OFFER

Is there a chance you might come back?

YES

Make colleagues feel they have been partners in getting you to this stage. Send personalised emails and thank them for specific things they have done.

Even if you don't intend to return, you are likely to cross paths again. Think how you want to be remembered, says Dr Kersi Chavda, consultant psychiatrist, Hinduja Hospital, Mumbai. Spend your notice period living up to that image.

NO

WORK

Are you often angry with your partner?

NO

The opposite of love is indifference. "When you can't be bothered to argue, you know it's over," says Dr Sharma.

YES

And with other people?

YES

"Locate the source of your anxiety and attack the problem first, then return," says Dr Chavda.

It's time to split. "Identify those who are your social support," says Sharma. It's a shorter fall if the net's waiting.

NO

HOME

Is the problem more than 50 per cent your fault?

YES

"If you want to keep the relationship, figure out what went wrong," says Singh. So, stay calm and don't interrupt when she's speaking and never raise your tone to match hers.

There's nothing worse than not communicating even if you are not at fault. And if you are in it for the long haul, nothing beats showing your affection with a physical gesture, says Singh.

NO

HOME

Are you leaving her for someone she knows?

YES

Avoid platitudes like, "I did not mean to harm you." Since she wants to know who you have been seeing and when, tell her the truth. The only stage at which you should lie is if she asks: 'Did you do it in our bed?' (Unless the answer is already no.)

A clean break is best. Tell her you are sorry but you have met someone and you need to end your relationships, says Singh. "Then, keep your meetings to a bare minimum. Stay in touch and she will think she's got a chance," says Dr Sharma.

NO

HOME

In Your Defense

Sometimes you have to choose between two not-so-healthy items. And then there is only one argument, that which is in favour of the long-term

FRUIT JUICE IS BETTER THAN FIZZY DRINKS

HIT ☐ **MYTH** ☒

100 ml of 100 per cent fruit juice blend amounts to 187 kJ, while 100ml of Coke contains 180 kJ. "There's a direct link between obesity and your intake of liquid calories," warns clinical nutritionist, Lovneet Batra. "People move from fizzy drinks to juice, thinking it isn't as bad." It is, but certain soft drinks can be the less sugary option.

ARTIFICIAL SWEETENERS ARE NOT A BETTER OPTION THAN SUGAR

HIT ☒ **MYTH** ☐

Artificial sweeteners are generally low in kilojoules, but are often derived from an unnatural source. These products have not been around long enough to have been fully-tested over enough time to really know their long-term health effects. Artificial sweeteners also often add to carb cravings and cause problems like bloating or diarrhoea. Sweeteners don't get you used to less sweet tastes, so your sugar cravings continue. Rather, use a little sugar or honey. Or, even better, get used to using nothing at all.

POPCORN IS HEALTHIER THAN CHIPS

HIT ☐ **MYTH** ☒

A bag of salted crisps yields 2,240 kJ per 100 gm, while popcorn with real butter notches it up 2,510 kJ in the same amount. Chips contain less fat than popcorn. So always check the label to make a better choice.

BROWN BREAD IS BETTER THAN WHITE BREAD

HIT ☐ **MYTH** ☒

Both are equal offenders. "Brown bread is made from unbleached white flour, and has an equally high-GI and low-fibre content as white bread," explains Batra. "Your best bet is a seed bread or pure rye bread—both have a low GI."

ENERGY DRINKS ARE A NECESSITY AFTER EXERCISE

HIT ☐ **MYTH** ☒

Only after the 90-minute mark. Generally, one has enough carbohydrate or glycogen stores in the body to fuel up to 90 minutes of continuous exercise. You

need to replenish your glycogen stores to continue to exercise at the same level. Therefore, a sports or energy drink is actually only necessary after you've done at least 90 minutes of intense exercise. Water is sufficient for anything less.

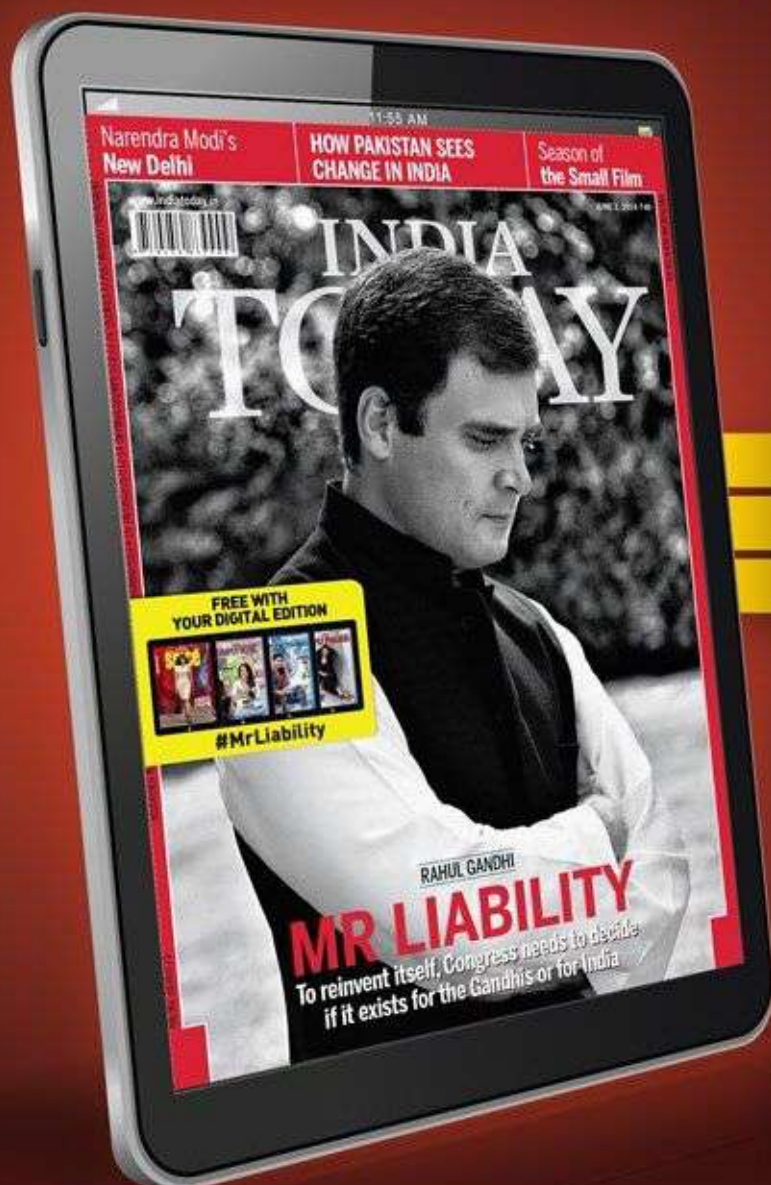
BUTTER IS BETTER THAN MARGARINE

HIT ☐ **MYTH** ☒

It depends on the margarine. Trans fats are unhealthy fats that form during processing and give margarine its solid form, but are bad for heart health and pose a risk of cancer. Butter may be "natural", but is also extremely high in saturated fat and detrimental to your cholesterol levels. Look for the tubs marked as "trans fat-free". These are generally much lower in saturated fat and free of trans fats in comparison to both, hard brick margarines and butter. **MH**

Hit or Myth is a column that aims to help clear the misconceptions that have been hounding you all these years

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Muscle On Wheels

Bound to a wheelchair by cancer, Anand Arnold pushed the bar of fitness and became India's first wheelchair-bound bodybuilder

WORDS: SHIVAN CHANANA



ARRIVING IN ANAND ARNOLD'S hometown Ludhiana, I called him for directions. Given his condition, I expected him to give me directions over the phone but I was baffled when I heard the ease with which Arnold assured me and said, "Don't worry, stay where you are, I'll come and get you." The irony dawned on me then, that I was the one facing a challenge and Arnold was the one coming to my aid! This was my first interaction with Arnold, who is paralysed from the waist down, and I instantly grasped the fact that Arnold was not one to let his disability define him.

THE ARNOLD OF PUNJAB

Born and raised in Ludhiana, Arnold followed his elder brother's footsteps to the gym at the age of 13 and dreamt of becoming a professional bodybuilder. Call it God's gift or good genes, Arnold was able to develop a spectacular physique within a few months of enrolling in the gym and soon started participating in local competitions with bodybuilders twice his age. By the time Arnold turned 15, he already had several students training under him, and his physique became a topic of conversation amongst the biggest bodybuilding names in Punjab. Arnold was moving towards his goal at full speed, and his professional bodybuilding dream seemed within reach. But one day, he felt a shooting pain in his lower back and everything came to a screeching halt.

LATERAL DAMAGE

A fist-sized tumour was detected in Arnold's lower back and the doctors said he had just one week to live. The tumour was removed but the surgery left Anand bedridden as he was completely paralysed from the neck down. After three years of physiotherapy, Arnold regained sensation in his upper body but continued to remain paralysed from the waist down. Depressed by his condition, he lost the zest for everything he was passionate about and isolated himself from the world. There were many who made fun of him but everything

changed when some of Anand's previous students decided to intervene and began forcing him to start working out at the gym with them.

TOTAL RECALL

Arnold's students were determined to do for him what he had once done for them. They coaxed him to visit the gym with them and pestered him continuously until he finally agreed. 18-year-old Arnold experienced mixed-emotions as he re-entered his former abode after three long, gruesome years. He was in familiar territory but in an unfamiliar state. He felt out of place but enjoyed the sight of seeing others working out around him. Arnold experienced a rush of emotions concocted with old memories as he hesitantly attempted a few reps on the shoulder press machine (his favourite exercise from before the surgery) and instantly felt good. The reps gradually increased to full sets and Arnold's zest for bodybuilding was ignited once again. Understanding his new body and state, he slowly restarted his workouts and realised that this is what he was always meant to do—with or without his legs.

THE DETERMINATOR

Pumping iron without leg support is a near impossibility, but Arnold was determined and figured out a way to do it. He would tie himself to the bench from the waist with a heavy belt—this helped him avoid slipping off the bench and focus on building his upper body. Spending up to four hours in the gym each day, it was just a matter of time before Arnold's determination and hard work began reaping results. He started regaining his strength and ensured that he did it without the aid of steroids. Arnold says, he is a 100 per cent natural bodybuilder, with his daily diet consisting of one kilo chicken, 30 eggs and two litres of milk.

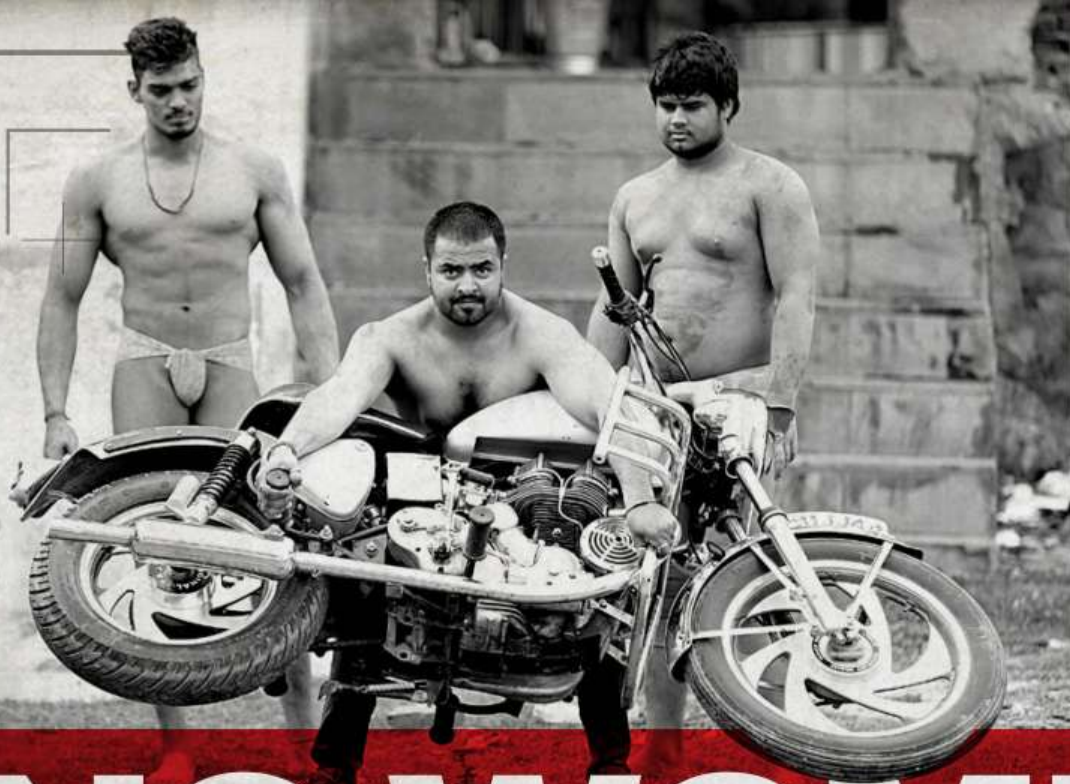
HE'S BACK

Within a year of re-entering the gym, Arnold was back in form and began participating in bodybuilding competitions at the age of 20. He has



"I don't know how my story will end, but nowhere in my text will it ever read - I gave up"

represented India globally, won the Mr India bodybuilding title three times and has been declared Mr Punjab 12 times. Today at 28, he's the official brand ambassador for two leading international brands in India, Hale Life Nutrition and Muscle Mania. American author Allen Woodman wrote a book on Arnold's life and struggles, titled, *Weightless: A True Story Of Courage And Determination*; he has also recently been approached by two Bollywood directors to make a movie on his life, he tells us. Arnold has won bodybuilding competitions all over the world but his strongest muscle will always be his undying spirit. "I don't know how my story will end, but nowhere in my text will it ever read—I GAVE UP." This is Anand Arnold's status on WhatsApp and his mantra for life. Physically, he is confined to a wheelchair, but his spirit can never be bound. **MH**



NO WOMEN,

YOU ELIMINATE WOMEN, ALCOHOL, CIGARETTES AND NON-VEGETARIAN WORTH LIVING? MINGLING WITH THE BOYS AND MEN OF FATEHPUR – A 16-INCH BICEPS, WHAT CAME ACROSS WAS A DIFFERENT STORY ALL





Special Report

I'm on an assignment at the Guru Lekhraj Akhada. The idea is to go back to the roots of fitness in India and discover how brute strength scores over six-pack abs, and strength of character rules over transient social media likes. As I enter Fatehpur village—I see an elderly lady unhesitatingly asking me for a lift, which instantly instilled in me a sense of trust which the village elders place in the youth. An idea most uncommon to a Delhi boy like me.

ALL SONG

**FOOD FROM A MAN'S LIFE AND WHAT ARE YOU LEFT WITH? A LIFE NOT
VILLAGE WHERE EVEN 17-YEAR-OLDS FLASH SIX-PACK ABS AND
TOGETHER. A SPECIAL REPORT**

WORDS: SHIVAN CHANANA
PHOTOGRAPHY: VINOD AGGARWAL



THE AKHADA TRADITION

Walking into the *akhada* at 6 am—what struck me first was an incense clay placed thoughtfully over a brick which seemed like it had been burning for over an hour, and I instantly knew that I had not entered just another gym or training ground. This was something which meant much more to the boys of the *akhada*.

While a younger trainee unearthed the wrestling ground mud-pit with a shovel weighing nearly 10 kgs, another 17-year-old was seen with a thick rope around his neck and shoulders, pulling a 20 kg wooden log to flatten the pit. The senior

students were seen warming-up with some old-fashioned *Indian* push-ups, called *Dands*, using bricks for palm-support. By this time it was clear to me that whether it was mud, bricks, shovels, logs or fellow-trainees, the *akhada* was all about building strength. Not knowing who I was and where I had come from, I expected arrogance from these young, perfectly-sculpted boys exuding force and strength far beyond their years. But I was wrong. I greeted them and they politely reciprocated. As I waited for them to complete their regimen before I could ask any questions, there was an unspoken respect and



► brotherhood which reflected among them: The seniors guided the juniors and the juniors patiently listened.

Being a city boy myself, what I called a gym supporter they called *langhot* (pelvic supporter), what I called protein bars, they called *ghee*, what I called a gym, they called it their *akhada*. "This is our temple" claimed Kiran Pal Tanwar, a 17-year-old trainee at the *akhada*, "Anyone who enters the *akhada* will first touch the mud of the pit to his forehead as a mark of

respect followed by a short prayer to Lord Hanuman for strength. And we never step-foot into the wrestling ground with shoes," he continued to explain with a seriousness seldom found in teenage boys.

BRIDGING THE SAFFRON-GREEN GAP

A saffron *langhot*, Hanuman Ji's image, incense cones—it seemed like the perfect setting for a 'rightist training programme', but before that thought could marinate any further in my mind, down came 23-year-old Ikraar Khan (yes, he descended from a 15-foot thick rope using his bare hands) and his concurrence with Kiran Pal Tanwar's explanation echoed in the *akhada* before his feet touched the ground. That gave me my answer right there, as to what this *akhada* instilled in its trainees along with strength.

Before I could ask Ikraar about what draws him to this *akhada*, I could not help but ask whether his family had any objection to his interests and deep involvement with the *akhada*? And without a blink came the answer, "The *akhada* keeps me strong, fit and away from bad habits. Then why should my parents have any problems?" he explained. "I stay in *Chandan-hulla* which is essentially a Muslim village—but the *akhada* has nothing to do with religion. We just come to the *akhada* to train and build ourselves together in the same mud." Clearing the mud off himself while bathing in the open, he continued to explain further, "There is no bad blood among any of the the six neighbouring villages. Boys from all backgrounds (*Jats*, *Gujjars* and Muslims) come together here to exercise, wrestle and wind up the day with a game of *kabaddi*." ►

"NO GIRLFRIENDS ARE ALLOWED. ANYONE WHO ISN'T CELIBATE GETS BEATEN TO PULP IN THE AKHADA"



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► SUPERHUMAN FEATS OF STRENGTH

Everything in Guru Lekhraj Akhada is about strength. How many push-ups can one do? For how long can one wrestle? How many times can one climb up and down a freely hung thick rope? There is much respect for the heaviest lifter, and these guys lift anything they get their hands (and legs) on.

In my persistent attempts to make them reveal the secrets of their sheer strength, Kiran Pal, broke out with a boastful narration of his elder brother's feats and proceeded to show me a video of his brother lifting a Royal Enfield. Once you've digested that bit of information, here's more: He lifted the Enfield with (if you have not guessed it already) his bare hands. These boys denied me the right to blink my eyes, and before I could even understand what exactly happened with that Enfield, the next video was already playing which showed another one of Fatehpur's sons lifting the rear side of a tractor using just his legs.

The boys boast of their strength, there is no denying that, but from what I saw in person (and what I saw on record), they had all the means to back everything they claimed and boasted about.

CALM...LIKE A BOMB!

As I enquired about how these boys deal with conflicts, Ikraar immediately responded before my question even ended. "We try guiding our juniors rather than throwing our weight on them, so they would grow up to do the same...we don't want problems with anyone," his eyes widened and tone deepened as he exclaimed his next words which sounded more as a declaration, "But if anyone messes with us, the only way they're getting away is with joint hands and an appeal for mercy!"

UNVEILING THEIR SOURCE OF POWER

This brought me to my next and most anticipated question—what gives them such force and confidence? While I expected them to list out all the varieties of meats and protein powders, they ensured their refusal of the same. "We don't eat non-vegetarian foods, our diet is simple: Milk, *ghee*, curd, bananas,

WORKOUTS YOU CAN DO OUTSIDE THE GYM

Give yourself the shape you desire, without stepping foot in the gym

- 1 Duck-walk (squat and walk) to condition your calves and thighs. Avoid in case of weak knees.
 - 2 Raise the knee up to chest level and maintain the posture to develop your core and thighs.
 - 3 Alternate the plank and push-up position, spending one minute in each. This will develop your core and upper body.
 - 4 The Horse Stance: Spread your legs beyond shoulder width, squat by six-eight inches and hold. Lower yourself by two-inches after every two minutes.
 - 5 Place both palms on a wall and push with complete force without breaks. Utilises the whole body and conditions the shoulders in particular. Minimum time: 15 minutes.
 - 6 Do a pull-up. Hold for 10 seconds and come down as slowly as possible. Repeat.
 - 7 Lie down on your back, raise your legs six-inches off the ground and hold for three minutes.
- DISCLAIMER**
Do not attempt in case of back pain.

WE DON'T EAT NON-VEGETARIAN FOODS, OUR DIET IS SIMPLE: MILK, *GHEE*, CURD, BANANAS, MANGOES, ALMONDS, BEANS AND CHICKPEAS

almonds, beans and chickpeas." But what was more intriguing than their dos were their don'ts. "We don't smoke or drink and no *ashiqui*!" Wanting more clarity on what they meant by that last term—all those present, from 17-year-olds to 40-year-olds, answered me in an unplanned unison "That is the basic requirement—no girlfriends!" Unable to understand why a teenage boy would battle hormones and agree to such a torturous prerequisite to join the *akhada*, I could not help but ask why. Suddenly the unison dispersed and all those present individually began explaining the need for celibacy, reflecting their conviction on the concept of containing the seed within the body, which they claim is the essence of their force and strength.

Instinctively, my next thought and question to them was whether anyone not following celibacy can join the *akhada*? Their answer was preceeded by a dismissive smirk, "Sure, everyone is welcome, anyone not containing himself sexually usually gets beaten to a pulp in the mud-pit and surely becomes a laughing stock among the boys" Kiran Pal stated calmly as he flexed his 16-inch biceps.

FROM SPECULATOR TO BELIEVER

It was at this time that I felt glad to have interviewed the boys after having seen them in person and in action at the *akhada*. Had I received these sort of answers in any other setting, I would have surely called off the story. But their practical demonstrations of strength forced me to pay heed to their methods and ideology.

So, is it really possible? Can a pure vegetarian diet and celibacy actually confer physical abilities in a man unimaginable by others? While modern medical science dismisses the concept, the sons of Fatehpur, the village known all over the world as India's "Bouncer Factory," surely has the stats to prove so. **MH**



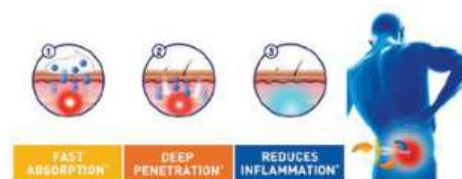
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FROM BALD TO BOLD

A Japanese dermatologist developed a breakthrough process to restore hair loss caused by scalp injuries for burn victims' way back in 1939. He used a 'punch technique' and later, during the early 1950s, a Dermatologist from New York performed the first known hair transplant in the United States on a male patient with androgenic alopecia. He essentially reinvented modern day hair transplantation. During the 1960s, the field of surgical hair transplantation had forever found a place in cosmetic surgery.

Like testosterone, Di-hydro Testosterone (DHT) is a steroid hormone found mostly in the skin and in the liver. Testosterone is converted into DHT by an enzyme called 5-alpha reductase, formed in the scalp tissue. When this enzyme attaches itself to the testosterone, it triggers the conversion of testosterone into DHT. DHT has an adverse affect on the hair follicles, and causes the root to die or shrink the hair follicle resulting in a shorter lifespan and abnormal production of hair which leads to androgenic alopecia – Male/ Female pattern baldness.

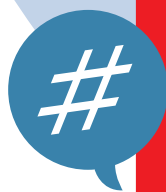
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Instagram

SUPER F SUPERSTA



MEN'S HEALTH PROFILES SIX SOCIAL MEDIA STARS WHO MAY NOT HAVE ELOQUENCE OR TRADITIONAL TURN OF PROSE. YET, THEIR PHOTOS AND INSPIRATIONAL QUOTES MOTIVATE THOUSANDS OF FOLLOWERS TO HANG ON TO THEIR EVERY THOUGHT

WORDS: ARUSHI SHARMA



m's FIT ARS

ZAIN IMRAN

THE MAN WHO MET HIS WIFE ON INSTAGRAM!

Zain Imran's story is of a "skinny runt," as he was called by bullies, who found his self-confidence and won a following of devoted fans through Instagram. Now a full-time fitness model and a coach, Imran took inspiration not only from his father, who's a bodybuilder, but also from quotes from professional ones, which he likes to save on his phone. But pursuing fitness was a matter of achieving his professional goals. "Then I did not have Instagram, but only Facebook. And I was getting featured in magazines before social media," says the man who has 33K followers (when we went to press) on Instagram. Zain got sponsors, magazine deals, clothing line offers, acting opportunities from Instagram, and he admits



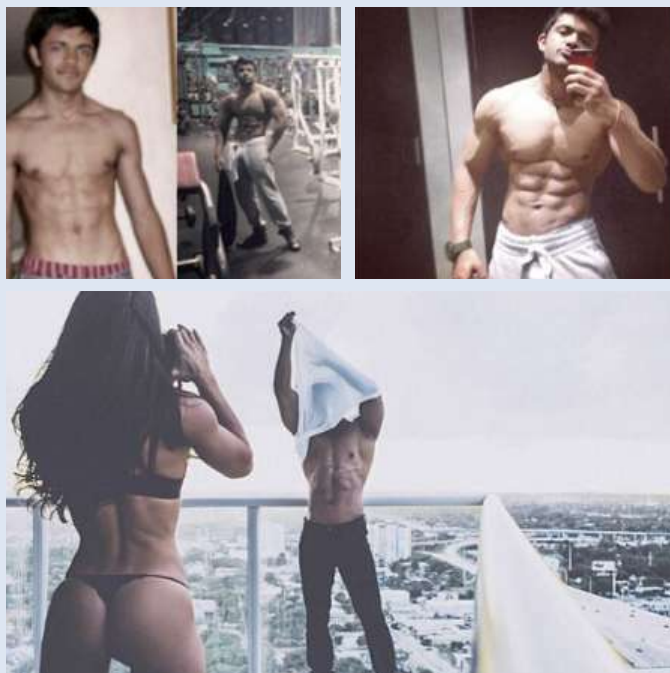
THE INSTAGRAM FAMILY: ZAIN IMRAN WITH HIS WIFE AND SON

that it is a great marketing tool. But he doesn't feel that social media is a motivator for a healthy lifestyle. "I work hard because I want to," says Imran.

The father to a baby boy does not shy away from posting pictures of his wife (who is as fit) and son, and soon hopes to crack a big Bollywood deal. What few know, however, is that Instagram has given Zain far more than a huge fan following; it's actually where he met his wife!

@zainimran89

♥ 33K followers



YASIR KHAN BROKEN ENGLISH, STRONG INTENT

Yasir Khan comes from the most humble background of them all. Schooled at a *madarassa*, he didn't know a

word of English till he turned 14. Today, he commands a following of 17.6K and says, "When a caption to my picture has spelling and grammatical

@yasir_khan_official

♥ 17.6K followers

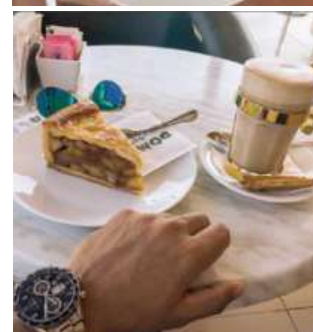


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mistakes, then I've written it myself. Else, it's a cut and paste." Khan took to fitness to address body issues, but being fit brought him confidence and directly on the *MH* cover, after which there was no looking back.

"I had body image issues like most teenagers, and I was subjected to a lot of mental and physical bullying," he recalls. "And I was a very difficult person with a lot of irrational emotions. I found that working out made me calm and focused, but also happy and driven."

Now a personal trainer in Dubai, Khan uses social media as a "platform of learning," as a tool to "showcase his efforts" and mostly "inspire" others. For those who called him "stupid" when he first started—spending hours posting pictures on Instagram is a waste of time, they said. But for Khan, it was a matter of losing everything he believed in. "Time, money and energy—I spent everything I had, working two part-time jobs, training four hours a day and still finding time to inspire others through social media."



@aakashsins

♥ 6,621 followers



o o o

AAKASH SINHA THE BOY WITH THE BABES

Aakash Sinha likes to walk the talk. "If you live a healthy lifestyle, people will automatically be drawn to that." The South Africa-bred teenager who made it to the cover of *Men's Health* India, now uses his popularity to run a personal

training website... And he ain't even 25 yet! For Sinha, being popular on social media "isn't about having the perfect set of abs," but about using it as a "channel to spread values about a healthy lifestyle." And he realised the value of fitness back in college when drugs were a big thing.

PRATHAMESH MAULINGKAR

HE'S GOT THE BODY, WILL GET THE GIRLS

When results of your workouts show, peers and loved ones shower you with kind attention. But when results *really* show, you can probably be 13.7K followers rich on Instagram. Footballer Prathamesh Maulingkar would know as he earned the latter after he uploaded his shirtless picture on Instagram. "Since I'm a footballer, I have to always look after my body and that has kept me into fitness. As I worked harder, everyone started praising me and that is how I have kept it going till today. But when two years ago, I posted a shirtless picture, people started asking me about my workout and diet plan, which really motivated me. And from then on, I started sharing my fitness journey (on social media)," he says. The icing on the cake, though, is that comments (from mean

@pratham_14

♥ 13.7K followers



MAULINGKAR SHOWS HOW TO SCORE ON AND OFF THE FIELD



"IT FEELS GREAT WHEN SOMEBODY COMES UP AND SAYS 'HI! I'M YOUR INSTAGRAM FOLLOWER! I'M A BIG FAN!'"

to plain annoying) make Prathamesh work harder! "It is simple, you know in the next picture, you gotta look better to get more likes." On a note of advice, he says, that to get more of the latter, you gotta avoid posting similar pictures and add diversity to your profile. That way, the next time you will feel proud when somebody announces, 'Hi! I'm your Instagram follower, and I'm a big fan of yours!' Or who knows a ripped body might get you laid too, Maulingkar signs off.

WHO SAYS ARM CANDY CAN'T MOTIVATE YOU TO STAY FIT?



"It seemed cool at the time and everybody was doing it. I had a number of friends who fell victim to drug addiction but the only thing which kept me away from the scene was fitness," says the man who also has his own YouTube channel coming up. Believe it or not, Sinha's first post was on Facebook when he was 15! Though he started getting recognised

at a very young age, today he doesn't bother much with the comments as long as somebody is "getting motivated." The chubby kid who had body image issues says that his reasons for having a fit body may have changed, but not the realisation that people who achieve their goals are willing to do what most don't — i.e. make an effort.



@jkaliwala

♥ 5,610 followers



...

JUNAID KALIWALA THE MAN WITH A HARD CORE AND A SOFT HEART

You know when a friend from college posts his pictures of success (read, a fit body, a fancy car and a *really* fit body!) on FB? Well, that's the kind of guy Kaliwala is—one who is the result of all your social anxiety. “No incident per se pushed me into fitness, but it was just the desire to be charming enough,” says Kaliwala. “I initially started by posting my pictures, body shots and my training videos. Responses to my initial posts were decent, and once people started to know me, my popularity slowly increased,” says

**“INSTAGRAM
INSPIRES AND
MOTIVATES ME
EVERYDAY TO
WORK HARDER
AND STAY FIT”**

Kaliwala, who's now a certified fitness expert. For him, social media not only serves as a medium to showcase his efforts but also inspires others. Being the first athlete to represent India at the Arnold Classic competition in the US, he also commands a following of more than 5,000 followers on Instagram.

“There are many followers who directly message me to ask

ABHINAV MATHUR

THE GUY WHO STAYS FIT TO LOOK GOOD IN THE CLOTHES HE WEARS

In an age of information overload, Abhinav Mathur figured out ways to capture the attention of people who were genuinely looking for the “right” information. A few funny videos (pretending to be his typical Indian mother, helped!) and easy-to-follow fashion tips, made him establish a presence online. His 31K followers are a proof of the same.

Mathur recalls the exact day he decided to add fitness to his list of passions. “I remember wearing a seat belt which

dug into my stomach and made for a rather repulsive sight to my then girlfriend,” he says. “It was when she pointed at it and poked fun that I really decided to do something about it.”

Today, a model for Koovs, Mathur says that the trick to getting followers is actually simple: Be different. “I started seeing a rise in my followers when I started making funny videos which people could relate to. And don't be afraid of using hash tags; they are key to getting your posts noticed,” he adds. 

**“IT'S SIMPLE: BE
INTERESTING.
I STARTED
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WHEN I STARTED
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DON'T BE AFRAID
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GETTING YOUR
POSTS NOTICED”**



THE DELHI BOY-
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FROM CELEBS TO EVERYDAY GUYS, KALI WALA'S INSTAGRAM POSTS INSPIRE ALL

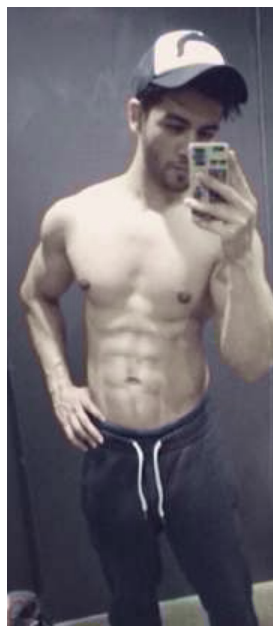
for advice. A lot of times, I have even received proposals," he adds.

Before he signs off, he tells us that most people forget the importance of lighting in pictures. "Using the right light

to highlight a particular part is a must. Overhead lighting in the gym works best." And lastly, he says don't underestimate the fire in your belly, which can take you to places no social media platform ever will.

@_abix_

❤️ 31.2K followers



How to #GetMoreFollowers

With more than 300 million users and sky-high user engagement levels, a study by the Digital Business Intelligence Foundation showed that Instagram provides users with 25 per cent more engagement over other social platforms. So here's a couple of ways they recommend to increase your following.

POST CONSISTANTLY (AT LEAST ONCE A DAY)

Or as much as you can! The study found that the "more successful" accounts posted with higher frequency and higher resolution photos — up to two to three photos on average, every day.

STUDY AND LOAD UP ON #QUALITY HASHTAGS

The right hashtags can help you reach a larger, and more targeted audience. You're allowed 30 hashtags for each post, so go #crazy.

THE BEST FILTERS? HIGH CONTRAST, HIGH EXPOSURE AND WARM TEMPS

The study found that filtered photos are 21 per cent more likely to be viewed and 45 per cent more likely to be commented on, than those that are unfiltered. Also, pictures with higher exposure were tied to more views, and the level of warmth had the biggest correlations with the number of comments.

USE VIDEO

The study found that only about 10 per cent of all posts on Instagram are videos right now, but they're getting 18 per cent of all comments. There's still plenty of room for you to focus on video! Dubsmash videos, vines, take your pick. You've got 15 seconds.

ADD SOME EMOJIS

Quickly becoming the universal method of expression, according to the study some users found that emojis almost tripled their Instagram growth. Also, nearly 50 per cent of all captions and comments now have an emoji or two.

CROSS-PROMOTE

Share your images on Facebook, Twitter, Tumblr, Flickr and Foursquare to get some extra exposure. You can also try embedding Instagram photos in your blog posts or adding an Instagram feed to your Facebook page for some additional discovery.

FOLLOW AND LIKE SIMILAR ACCOUNTS

Use the "search" option to find like-minded friends. The science? Use the "follow like like like" method. In this process, search for a specific, relevant hashtag and choose a few of the top pictures you find. Follow those accounts, then go to each of their photo feeds and like three of their recent photos.

SHARE THE LOVE

Spend some time each day just enjoying social media. You might respond to comments, like photos, follow some new friends, and comment on awesome posts. Show it some love and it'll love you back.

EXCUS EXCUS EXCUS



SES SES SES

**CONVINCED
YOURSELF THERE
ARE LEGITIMATE
REASONS WHY YOU
CAN'T SHED THOSE
EXTRA KILOS? MH
FINDS OUT WHICH
OF THEM MEAN
"CUT THE
MAYONNAISE"
AND WHICH ARE
A CASE OF "CUT
THE CRAP"**

WORDS: DANIEL WILLIAMS



BECAUSE THE "YO
YO" CRAZE ISN'T
JUST LIMITED TO
HONEY SINGH

Askids, we'd get in trouble for making excuses. And if, on reflection, we're honest with ourselves, probably 19 times out of 20, we deserved it. Truth is, there would have been a way to finish our homework or help mom clean the house if laziness—or a more instantly gratifying alternative—hadn't got the better of us.

With adulthood comes a raft of responsibilities and as the years pass, life can seem ever less an exercise in what we can get away with. But is it? Really?

If the lithe teenager you once were has matured into a well-padded grown-up, chances are you've justified this change in your own mind.

Likewise, if your resolutions to slim down have tended to come to naught, you'd have found ways to live with those failures that didn't involve writing yourself off as a weak-willed good-for-nothing adult.

But the time comes when you need to play headmaster to your own excuses. Evaluate them. Do they stand up to scrutiny?

What follows will clear up whether you're pudgier than you might be by necessity or choice. It will also point the way forward to achieving a more streamlined version of yourself—one who spends less time crafting excuses and more time responding, "Thanks, that's kind of you" to women who compliment you on how good you are looking.

Excuse **1** **HOW AM I SUPPOSED TO KNOW WHAT TO EAT?**

WHAT'S BEHIND IT? All the contradictory tips you've heard from nutritional experts.

THE COLD, HARD TRUTH

It's a fair comment—to a point. If you take even a passing interest in nutrition, there's every chance you're confused about the merits or otherwise of a bunch of foods. Here are some staples that receive spectacularly mixed reviews:

► **BREAD:** It's either a great source of fibre or dead carbs loaded with six-pack-wrecking gluten.

► **MEAT AND DAIRY:** Ideal for muscle-building and weight control, or IGF-1-promoters that render you a time bomb for cancer.

► **FRUIT:** Vitamin-rich packages of natural goodness or fructose-laden insulin-spikers that initiate fat storage.

YOUR MOVE For his book, *In Defence of Food* (₹394, amazon.in), Michael Pollan assessed the evidence for the healthiest possible diet before condensing it into seven words of advice: "Eat food. Not too much. Mostly plants."

Even though nutritionists approach diet from different angles, you'd be hard-pressed to find a single one who'd quibble with the broad strokes of Pollan's prescription.

"Food" means meat, vegetables, fruit, nuts, seeds—produce that makes it from nature onto your plate with little to no processing.

"Not too much" nods to the advantages for health and weight control of eating to satiety and not beyond, and of fasting intermittently.

"Mostly plants" translates to dividing your lunch and dinner plates into quarters and filling at least two of those with a kaleidoscope of nutrient-dense, calorie-light vegetables.

You could read Pollan's tips as an endorsement of the Paleo diet, which is the best way you can eat, according to Sally Boyer, nutritionist and creator of the Gladiator diet. By abstaining from dairy and foods with gluten, she argues, you're well on your way to achieving "that lean and energised physique."

But don't be a slave to Paleo's rigidities, she advises. Allow yourself occasional servings of milk, cheese, bread and legumes, because taking any diet to extremes won't work. Better yet, follow it 80 per cent of the time.

"FOOD" DOESN'T MEAN EVERYTHING WITHIN ARM'S REACH



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Be guided by appetite, not habit. And while exercise burns energy, it probably burns less than you think



LIFT SOMETHING APART FROM THAT SECOND DOUGHNUT



OVER TIME, A FEW EXTRA CALORIES CONSUMED REGULARLY—THINK AN EXTRA TEASPOON OF SUGAR IN YOUR CHAI—CAN APPLY SERIOUS PRESSURE TO YOUR BELT BUCKLE. AND DESPITE YOUR METABOLISM CONCERNS, LOSING WEIGHT IS WITHIN YOUR POWER IF YOU'RE PREPARED TO FEED YOUR FACE LESS

Excuse 2 I'VE GOT A SLUGGISH METABOLISM

WHAT'S BEHIND IT? You and a mate seem to eat roughly the same amount of food. But you're soft around the edges while he looks like a Tour de France cyclist.

THE COLD, HARD TRUTH Your basal metabolic rate is the amount of calories your body burns everyday to function: Breathe, pump blood, stay warm — the basics for survival.

And, yes, there are a couple of disorders that interfere with its capacity to harness energy, with unused fuel getting stored as fat, like hypothyroidism, where the thyroid gland doesn't

produce enough of certain fat-burning hormones.

But here's a reality check: Variations in basal metabolic rate are generally negligible when comparing men of roughly the same age. What's more, being bigger actually accelerates your metabolism, as your system is servicing a larger area.

Which leaves just one factor that may allow you to shift some of the rap for your spare tyre onto physiological forces outside your control. When most people overeat — say, at Diwali — their body responds by fidgeting more and suppressing the appetite

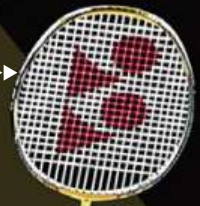
for hours and even days afterwards, to the effect their weight remains stable. But in some people, this "brilliant and entirely subconscious regulatory system" goes awry, for reasons we don't completely understand.

Which is why, over time, a few extra calories consumed regularly — think an extra teaspoon of sugar in your *chai* — can apply serious pressure to your belt buckle.

YOUR MOVE Be guided by appetite rather than habit. Despite your metabolism concerns, losing weight is within your power if you're prepared to feed your face less.

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“It comes down to not how much time you’ve got, but how you choose to use it”



FIND THE RIGHT
BALANCE BETWEEN
DIET AND INDULGENCE

Excuse 4 **I'M A SOCIABLE GUY**

WHAT'S BEHIND IT?

The desire to eat, drink and be merry when out with friends.

THE COLD, HARD TRUTH

Frequent boozynights and torching fat go together like mustard and ice-cream. Why? For starters, your body oxidises alcohol ahead of other fuels, effectively putting fat metabolism on hold. It also reduces testosterone levels while upping cortisol — a double blow to your six-pack ambitions.

A 2007 study in the *Journal of Obesity* found a robust association between alcohol consumption and greater body mass generally, and a higher waist circumference specifically — the latter being a proven risk factor for heart trouble in the future.

YOUR MOVE

If you feel obliged to drink regularly with mates, the “kindest advice” is to man up and stop self-sabotaging, says Boyer.

“Athletes I design nutritional programmes for, all abstain from alcohol during periods where high performance is required.”

Need the odd night out? For containing calories, stick to wine, not beer, which is better than spirits and liqueur.

Excuse 3 **I'M TOO BUSY TO EXERCISE**

WHAT'S BEHIND IT? A demanding job, a family, and perhaps a warm bed.

THE COLD, HARD TRUTH

This is basically blame-shifting, says Craig Harper, author of *Pull Your Finger Out – 101 Ways To Stop Wasting Time & Start Living Your Best Life* (₹913, amazon.in). It's good intentions versus action; wanting something without being prepared to pay the cost.

Guys are forever crying to Harper that they're strapped for time. His response: There

are 168 hours in a week; four 30-minute workouts would take up 1.19 per cent of that time.

“Ultimately,” he says, “it comes down to not how much time you've got, but how you choose to use it.”

He's spot on. It's like when someone's asking to see you. If it's your mum wanting help moving the sofa, you're suddenly really busy. If it's that pretty girl from the other night, you drop everything.

“Getting fit is like an inconvenience,” says Harper.

“And we like quick, easy, painless and free. But the reality is that getting your body into shape—and keeping it that way, requires consistent effort over time. It's not sexy, it's not fun and it's not always convenient.”

YOUR MOVE If all else fails, build your training into your TV time, advises Harper. During every ad break, hit the floor for high-intensity sets of push-ups, crunches, burpees—whatever. If you watch two hours of TV a night, that's a half-hour workout. Long enough to make inroads into that belly.

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Excuse 5

I'M PROGRAMMED TO BE A CERTAIN WEIGHT

WHAT'S BEHIND IT?

According to research by the Eating Disorders Foundation of Victoria, 95 per cent of people who go on weight loss diets regain everything they've lost and more within two years. Set point theory contends that everybody is biologically programmed to stay around a certain weight and will fight attempts at maintaining a weight more than two to three kilos below that set point.

THE COLD, HARD

TRUTH It's not that your body becomes attached to being a certain weight. It's that it gets used to being fed

a certain amount of energy each day and when some of that energy is withdrawn, you start feeling peckish.

YOUR MOVE Keep taking in the same amount of energy as you have been, but get it from different sources. How much you eat is as key as what you eat, argues Gary Taubes, author of *Good Calories, Bad Calories* (₹937, amazon.in).

By subbing out high-carbohydrate foods (rice, bread) for high-protein foods (meat, eggs) or even high-fat foods (nuts) you largely bypass the process by which your body converts energy into fat.

Excuse 6

GUT-SHRINKING MEALS ARE AS TASTY AS CARDBOARD

WHAT'S BEHIND IT?

Previous experience of dieting based on rabbit food.

THE COLD, HARD TRUTH

Some combination of ignorance, laziness and D-grade cooking skills is adding lard to your belly.

YOUR MOVE Time to visit an area of the supermarket you've been sailing past en route to the pasta shelf.

"You can bring any dish to life with fresh herbs," says chef Teresa Cutter, author of *101 Ways To Lose Weight* (₹623, ebook, amazon.in)

To add zing, drop two cups of roughly torn basil, coriander or

mint onto meat simmering in tomatoes, garlic, sea salt, pepper and stock. While ramping up the taste quotient, herbs contribute almost no calories to what will fill your plate.

Spices providing "punchy flavours that dance on your taste buds" are your other allies, says Cutter. Her picks: Chilli, ginger, cinnamon, turmeric, coriander, lime and black pepper.

Deploy these natural flavour-enhancers in place of the jars of sugary glug that a lot of guys empty onto their concoctions in search of an edible meal. **WIN**

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GUT WITHOUT
SACRIFICING YOUR
TASTE BUDS



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PHOTOGRAPHY: BIBHUTI BHATTACHARYA STYLING: MIA KUMARI ART DIRECTION: AMIT MALIK

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01 BUY HER A SILK THONG

A gift of lingerie is clichéd, right? So twist it. Give it to her when you (seemingly) don't expect to have sex. Pass it under the table at a restaurant and ask her to go to the ladies' room and change into it. Not recommended for a first date. "Any surprise or unusual thing can surely add spice to your sex life," says Mumbai-based sexologist, Dr Prakash Kothari.

04 WHISPER INTO HER EAR

In public or at a party, tell her what you want to do to her later: "Tonight, I'm going to make you have as many orgasms as possible." Anticipating it can be as exciting as the actual event.

05 SKIP THE FLOWERS

Blooms at the office are overdone. If you want to stand out, send a card instead. "It's really the thoughtful things you do at non-sexual times that make a woman want you," says Mumbai-based sexologist Dr Deepak Juman. Write out a few things you've never thanked her for—making breakfast on a Sunday or cleaning your stubble out of the sink. An appreciated

02 EMBRACE HER UNTIL SHE ENDS IT

Good kissing tops most women's list of turn-ons, but don't underestimate the heating power of a great hug, especially when she initiates it. Let her know how much you savour it and make it clear you don't want the hug to end.

03 GO DEEPER

If your good lady's going down, stand while she kneels or sits on the bed. This angle lets her take more of you, gives her better control and is less tiring (all that head-bobbing can take a toll), and that means she can keep going for longer. If, however, it's your tongue's tour of duty, try this: Have the lucky lady lie with her legs bent and relaxed to form a 'diamond' shape; kneel down on her right side and go down on her with the top of your head towards her feet. Then, slip your right hand under her bum to stimulate her perineum (the sensitive area between her vagina and anus) with your thumb. Believe us, it won't be long before it's your turn to be on the receiving end again.

woman during the day is an appreciative woman at night.

06 TRY THE NO-MOVE MOVE

When you start foreplay, tell her you're not going to move on to another action until she tells you what to do next. This works physically and mentally: It's a way to encourage her to open up

07 BLINDFOLD YOURSELF

Many women who are insecure about their bodies stick to the missionary position because you can't see their bodies that way. If you really can't see her because your eyes are covered, she'll do a lot more with you, to you, and for you.

08 HOT CHOCOLATE AND BERRIES

Forget coffee and toast—bring hot chocolate (a sexual stimulant for her) and raspberries and strawberries to bed. The berries replenish the zinc you lose when you ejaculate—five milligrams, or a third of your daily requirement.

and direct you to what she really wants. Now, your turn.

09 SAY WHY

Anyone can say, "I love you," so explain why. Maybe it's the way she nibbles at a Kit Kat, or how her nose scrunches when she drinks tequila. The more unique your reasons, the more special she'll feel.

10 MAKE YOURSELF SICK

Leave love notes around the house—in the fridge, on the bathroom mirror, under her pillow. It'll make her feel like a lovesick teenager.

11 PLANT A PICTURE

Stash a photo of her in your wallet; she'll deny it, but all women rummage at some point. You might as well turn it to your advantage.

12 LIVE DANGEROUSLY

For the seriously pleasure-heightening thrill of public sex, without the risk of untimely legal entanglements, do it standing up with her against the bedroom



window. If she's semi-clothed your neighbours won't know what you're really up to, and you can keep a tally on all those twitching curtains.

13 KISS AND LICK HER HINGES

You've got the obvious kiss spots covered. Now concentrate your efforts elsewhere—on her elbows, knees, shoulders, ankles, neck, and hip joints. "They're rarely attended to with long caresses," says Dr Juman. "It's a super sensation." See if you can make her come unhinged.

14 BEAR FRUIT

Chocolate syrup and whipped cream get all the kinky play in movies. Instead, turn her body into a juicer. "The best foods for sex are fruits that you can rub onto the body, such as soft mango or papaya," says Dr Kothari. "Then devour both her and the fruit." Get sticky, shower, repeat.



WHAT IS HIDING
BEHIND THAT
MYSTERIOUS LOOK?

ENCOURAGE HER TO
OPEN UP AND SAY
WHAT SHE WANTS.
THIS WILL MAKE HER
FEEL WANTED AND
INITIATES A SPARK
BETWEEN THE BOTH OF YOU

▶▶ 16 GIVE HER THE CHILLS

"Cold is sensed by more nerve endings than mere touch can reach, so you're expanding her range of response," says Dr Jumani. Do this: Chill a bunch of grapes for at least 20 minutes. Then, trail a small sprig of them along her neck, nipples, and inner thighs. Nibble away. Now put a grape in your mouth and gently press it against her clitoris by holding it in your teeth or between your lips.

▶▶ 17 COME CLEAN

Here's a masterclass in the notoriously tricky art of bath sex. Start by slinging in a generous quantity of bath gel, advises Anne Hooper, a sex therapist and author of *Ultimate Sex Guide*. Fill the tub with five inches of hot water, then pour more foaming bath gel onto your bellies, chests, and legs. Have her lie on top of you and use her body as a scrub brush. To add to the fun, throw in a set of Rub-a-Dub Dice—floating foam cubes that, when "rolled," reveal sexy commands like "sponge belly" or "kiss back"—or use a vibrating bath massager you'll both enjoy.

▶▶ 18 RUB HER DOWN

For extra shower power, pour a couple of drops of shower gel into a spray bottle and mix it with water. Spray her, then rub. She'll feel three different types of stimulation—the steady pelting of the shower, the soft spray of the soapy gel, and the

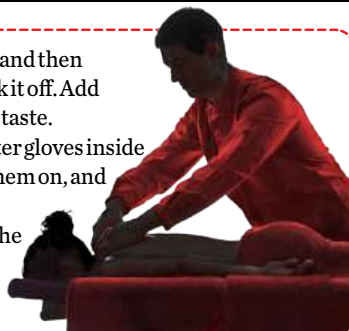
15 GIVE HER A MASSAGE

But make it interesting:

- In hot weather, roll a chilled can of soda along the back of her thighs.
- In cool weather, warm a towel in the microwave for 10 seconds and massage her with it.
- Season her belly with a

little salt, and then slowly lick it off. Add tequila to taste.

- Turn winter gloves inside out, put them on, and massage her with the soft side.



firm caresses of your hands. That's the kind of threesome that turns her on.

▶▶19 MAKE A BEDROOM BURRITO

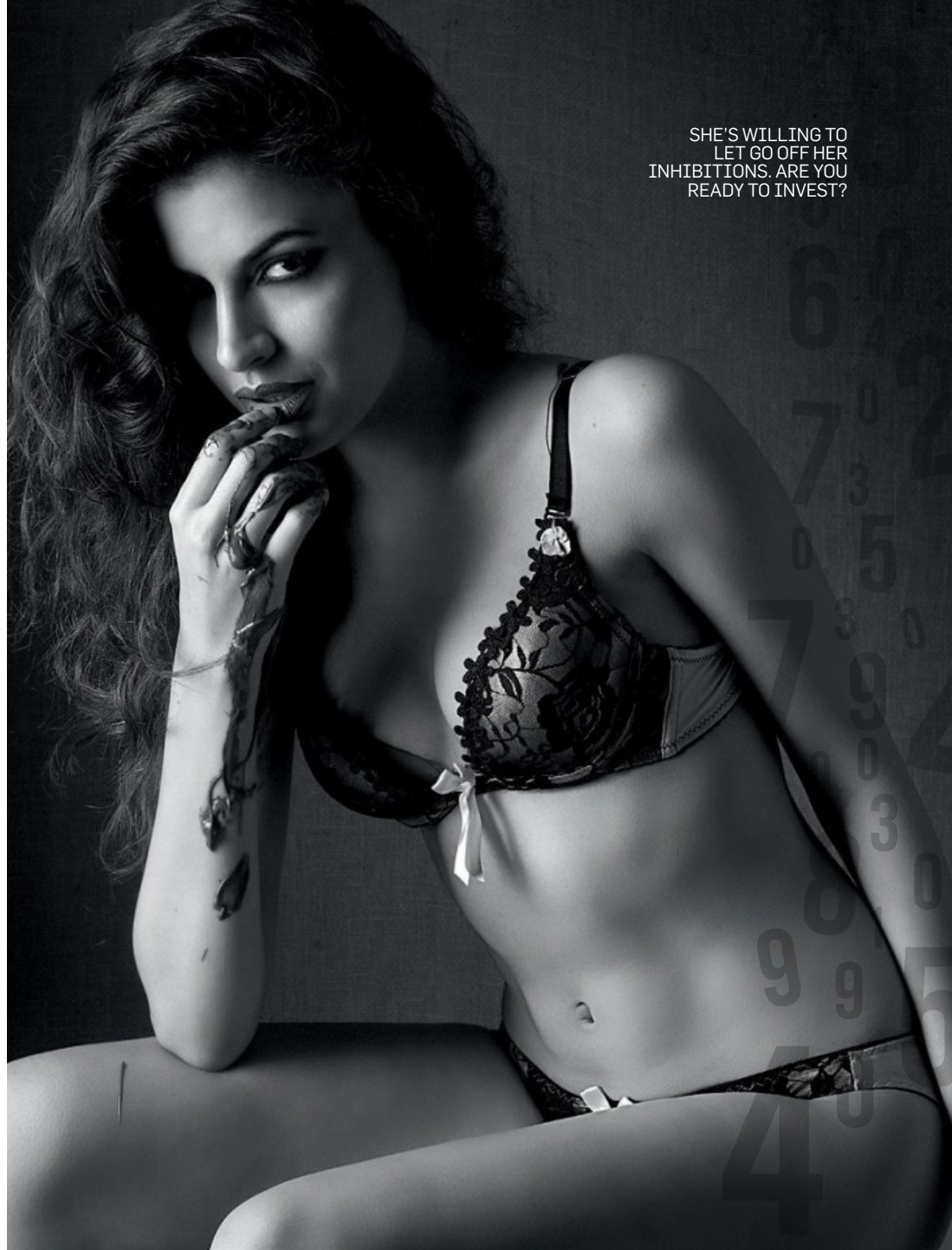
Bondage is appealing for a good reason: It heightens the anticipation for the one who's receiving the pleasure. But anything with locks, Velcro, or ties can freak her out (us, too), so try this: While you're rolling around in bed, wrap her up in the sheet so she can't do anything with her arms (think burrito or straitjacket). Leave her head, shoulders, and lower legs uncovered. Now kiss every inch of exposed skin. It's simple, spontaneous, and soft-core.

▶▶20 ASK PERMISSION

Before you enter her, ask if it's okay. "Some women find it incredibly endearing," says Dr Jumani. "It gives them a sense of respect. It gives them the security to become more sexually relaxed." And when you're first entering her, kiss her lips or caress her face. Give her stimulation in addition to penetration.

▶▶21 PRACTISE REENTRY

After you first enter her, do it again—slowly. Repeat it over and over. "One of the huge turn-ons is anticipation," Dr Jumani says. "Don't pull out all



SHE'S WILLING TO LET GO OFF HER INHIBITIONS. ARE YOU READY TO INVEST?



22 APPLY HER LIPSTICK

"Grooming a woman is a form of role reversal," says Dr Kothari. "She's being doted on and served, and it shows that you think a certain part of her body is attractive." Other ideas: Shave her legs, paint her toenails, or brush or wash her hair. According to a *Men's Health* poll of 3,200 men, 76 percent said they have shampooed their woman's hair.

the way, but when you almost pull all the way out, she gets the anticipation of the stroke coming back in."

▶▶23 BREAK A SWEAT

Use working out as fat-burning foreplay. It will raise her dopamine levels, easing her anxieties. Bonus: Your post-run sweat has androstadienone, a testosterone derivative that spikes her arousal when she smells it.

▶▶24 GO MILE-HIGH WITHOUT LEAVING THE GROUND

Use a swivel chair as a sexy flight simulator. "Spinning sends fluid rushing around the balance mechanism in your inner ear," says Dr Jumani, and this disorientation makes you feel as though you're floating. With her straddling you, use your feet to slowly spin, speeding up as you get closer to climax. Get ready to land on Cloud 9.

PHOTOGRAPHY: BIBIBHUTIBHATTACHARYA (WWW.INDIATODAYIMAGES.COM), DREAMTIME, 123RF, MAKEUP & HAIR: ANUJ DOGRA, MODEL: GABI (AURA MODELS)

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▶▶25 USE THE COTTONS CYCLE

The washing machine is the biggest vibrator in the house. Sit on it and have her sit on top of you—the vibrations will carry through your penis. Cottons get the longest, fastest spin.

▶▶26 GO INTO THE CLOSET

Any unusual setting, with strange sensations, smells, and muffled sounds, will make sex feel new and act as an aphrodisiac. Confined spaces add urgency. “Novelty certainly helps to break bedroom monotony,” says Dr Kothari. Watch that shoe rack!

▶▶27 OR CALL A SQUEEZE PLAY

With her face down and you on top, have her cross her legs, and position yours outside of hers. Her vagina will feel tighter, and the added friction means more pleasure.



28 BLOW BUBBLES

Take a swig of champagne before going down, then use your tongue to swirl the bubbles around her clitoris. Nerve endings react to bubbles, in a very good way.

ROOMING A WOMAN SAYS SHE'S BEING SERVED AND DOTED ON. THE ROLE REVERSAL WILL MAKE HER FEEL ATTRACTIVE

▶▶29 GET BIGGER

When you're on top, place her legs over your shoulders. This shortens her vaginal canal, so your penis feels bigger inside her.

▶▶30 READ HER BEDTIME STORIES

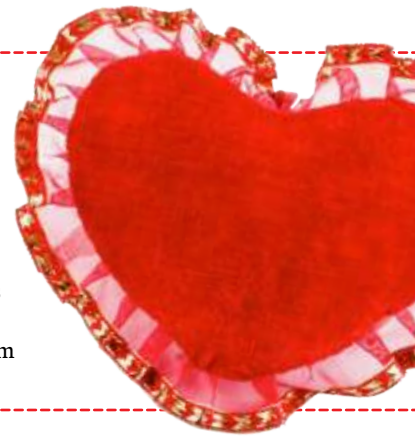
Pick your favourite bits from this article and ask her what she thinks. It's a subtle, but effective, way to kick-start frank discussions about your (and her) fantasies.

▶▶31 REST YOUR WRIST

The key to repeat bedroom performances is reducing your refractory period (the time it takes before you can get it up again), and the more often you ejaculate, the longer your refractory periods.

32 WORK THE ANGLE

Placing cushions under her back can create an “orgasm-optimum” 26-degree pelvic tilt, which means maximum contact between your body and her clitoris, and minimum demands for foreplay.



▶▶33 DIRECT A FAN AT HER

Then pour peppermint schnapps into her belly button, dip your fingers and tongue, and trace her body.

▶▶34 IT'S GOOD TO TALK

Especially when you're ‘down there’. The vibrations from your voice and the unpredictability will make her come even faster.

▶▶35 STAND BY YOUR WOMAN

For better from-behind sex, have her kneel on the edge of the bed with her upper chest touching the mattress. This elongates the vaginal barrel, making it feel tighter. You get a fantastic view, and she'll enjoy the nipple stimulation from rubbing the mattress.

▶▶36 MAKE IT EASY

For oral sex, stand while your partner kneels or sits on the bed. This angle lets her take more of you, gives her better control, and is less tiring.

▶▶37 LET HER GIVE YOU A PEARL NECKLACE

But not a real one! Lightly lubricate the pearls and your penis. Have your partner wrap the pearls around the shaft and slowly stroke up

and down with a gentle rotation. The beads feel warm and smooth, creating a new level of sensation.

▶▶38 MAKE IT PLAIN

Studies at the New York State Psychiatric Institute showed that consuming phenylethylamine (PEA), a substance found in the cocoa solids in chocolate, releases the same feel good chemicals as having sex.


▶▶39 CHEESE IS THE NEW CHOCOLATE

Licking gooey cheese off her lady-parts may sound only slightly sexier than filing your tax return, but cheese contains 10 times more PEA than chocolate, and is considered an aphrodisiac



Men'sHealth INDIA Personal Trainer

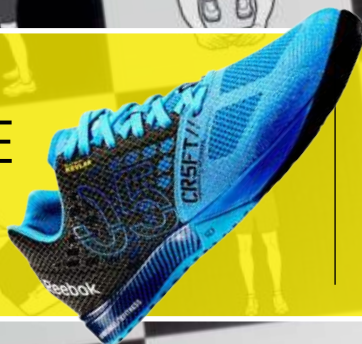
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THE LAZY MAN'S GUIDE TO BUILDING MUSCLE FAST!

REEBOK'S NEW
CROSSFIT SHOE
REVIEWED!

P110



FOODS THAT
BUILD BULK
(AND FIGHT
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MIND OVER MUSCLE

BY KRIS GETHIN

IS IT OKAY TO UNDERTAKE HEAVY WEIGHT SESSIONS WHEN I'M SICK?

RAHUL NAIK, NEW DELHI

When you weight train, you break down muscle tissue, increase free radical damage and place stress on the immune system. This is the last thing your body should have to go through when it's trying to fight off an invading sickness. Your immune system needs to be fully rested and in a position to fight back. Make sure you are hydrated, and consuming plenty of fruits and vegetables. Also, take a good multivitamin and glutamine supplement to bring your system back to a balance. During this time, perform light cardio and eat adequate amounts of protein to maintain your muscle mass.

HOW DO I ENHANCE MY ENERGY AND MOTIVATION FOR A MORNING SESSION?

ANANT SINGH, CHANDIGARH

This is where a pre-workout supplement can help. If you lack physical and mental energy in the morning, a good pre-workout supplement is one that contains pure citrulline, coconut powder, and taurine that will encourage blood flow to the muscles, increase cognitive function in the brain, and hydrate enough to sustain an intense workout. Making sure that you are fully hydrated before entering the gym is imperative, as water transports nutrients to your muscles and your brain. Drink at least 1.5-2 litres before entering the gym and stay hydrated throughout. If you can get in at least one light meal, such as egg whites and oats, around 90 minutes before your workout even better.

A qualified sports therapist, CEO of Nutrition By Design and partner in Physique Elite, Kris Gethin is the man behind the awe-inspiring transformation that saw Hrithik Roshan drop from 36 to 30 inches in as little as 10-weeks. He is also the author of the best-selling book, *The Bodybuilding.com: Guide to Your Best Body and Bollywood Body by Design*

15 MINUTE WORKOUT

SWEAT OUT FAT

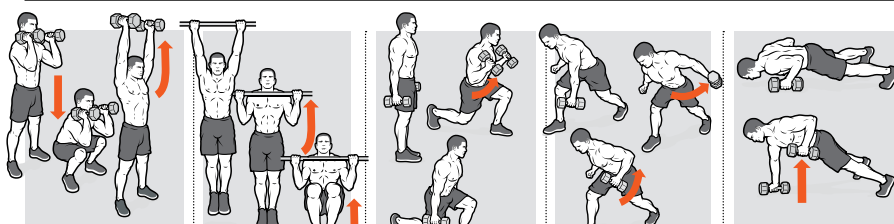
FULL-THROTTLE MUSCLE MAKER

Boost your mobility and pack on lean mass with five killer combo moves

▶ HOW TO DO IT

Perform the following exercises as a circuit, moving from one exercise to the next with 30 seconds of rest between them. Complete six reps per exercise for your first circuit, and then try to add another two reps per exercise during each successive circuit. Do a total of four circuits.

15 MINUTES



1

Dumbbell Squat and Press

Stand with your feet shoulder-width apart and hold a pair of dumbbells just outside your shoulders; keep your arms bent and palms facing each other. Squat, and then drive up explosively with your legs as you press the weights straight over your shoulders. Lower the weights and repeat.

2

Chin-up and Knee Raise

Grab a chin-up bar using an underhand grip, and hang at arm's length (a position known as a dead hang) with your legs straight. Pull your chest to the bar, and then raise your knees to your upper abs without rounding your back. Pause, and slowly reverse the move to return to a dead hang.

3

Dumbbell Reverse Lunge and Curl

Stand holding a pair of dumbbells by your sides. Step backward with your right leg, lowering your body until your left knee is bent 90 degrees. Curl the weights to your shoulders; then lower the weights and return to the starting position. Repeat, this time, stepping back with your left leg. That's one rep.

4

Dumbbell Batwing Row

Hold a dumbbell in your left hand and assume a staggered stance, right foot forward. Bend at your hips until your torso is at a 45-degree angle, and allow the weight to hang at arm's length. Row it to your ribs. Now raise your arm out to your side. Do all your reps, switch arms and legs, and repeat.

5

Push-up and Row

Assume a push-up position, gripping a pair of dumbbells and spreading your feet about hip-width apart. Lower your chest until it's a few inches off the floor, and then push back up to the starting position. Row the left dumbbell to your ribs, lower it, and repeat with the right dumbbell. That's one rep.

THE BEGINNER'S GUIDE TO BUILDING MUSCLE

IT ALL STARTS WITH YOU

You already have everything you need to start growing stronger. This bodyweight workout will teach you the basics of muscle-building, without the risk of mishap with a heavy barbell. Better still, the moves will challenge you and raise your strength in ways no A-list celebrity workout DVD ever can.

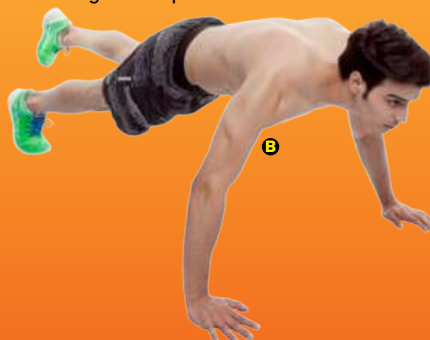


01 SINGLE-LEG BURPEE 5 REPS ON EACH LEG

Muscles worked



This combines plyometrics, for speed off the mark, with unilateral movement, which is PT jargon for 'hopping'. All you need to know is that it builds a stronger core. Squat, place your hands on the floor, then kick your left foot back, keeping the right raised off the ground (A). Jump your left foot up into a squat position then leap as high as you can (B). Now switch legs and repeat.



MAKE IT WORK FOR YOU

Do two sets of each move in order; rest for one minute between sets. Perform this workout four times a week. Each week, add another set to the moves and rest less. Continue until you can do four sets of each exercise.



2/ CLAPPING PRESS-UP 6 REPS

Muscles worked



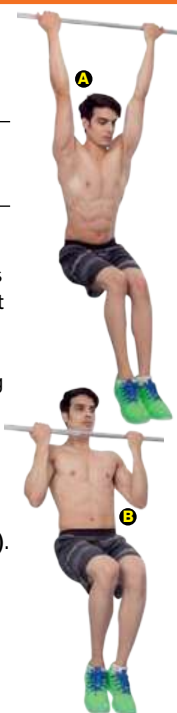
Regular press-ups are, let's face it, boring. Pushing your torso up high enough to clap fires more fast-twitch muscle fibres. Place your hands on the floor at shoulder-width, bend your elbows, keeping them tucked in. When your chest touches the floor (A) push up as hard as you can, clap your hands together in mid-air (B) then fall straight into the next press-up.

3/ KNEE-RAISE CHIN-UP 6-8 REPS

Muscles worked



This move isn't easy. But lifting your knees stops you swinging from the bar and, as a reward, you will fully recruit your biceps, back, upper chest and almost every part of your abs. It's worth getting the hang of. Grab a pull-up bar with an underhand grip. Hang at arm's length then lift your knees until your thighs are parallel to the floor (A). Pull your chin over the bar (B). Hold, then lower yourself to the starting position.



4/ LATERAL LUNGE 6-8 REPS

Muscles worked



Regular squats are great for shifting your metabolism up a gear during circuits. But for tangible muscular growth in your quads and hamstrings, you need to put them to one side. Start with your feet hip-width apart, holding your hands out at chin height (A). Step to the side with your right leg, bending your knee until the left leg is straight (B). Push back up to the start and repeat with the other leg. Point your foot in the same direction as the bent knee, or risk doing more harm than good. It's time to think laterally.



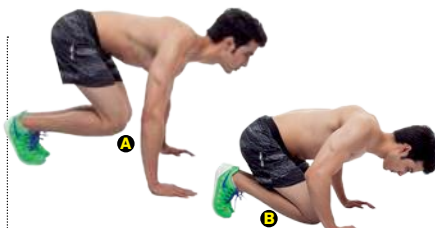


5/ INVERTED ROW 8 REPS

Muscles worked



Lie under a bar and grab it with an overhand grip. Hang at arm's length with your body in a straight line from shoulders to ankles (A). Brace your abs to keep your torso rigid: This is the best way to protect yourself against injury and increase power on every muscle-building move in the book. Now pull your chest to the bar (B), pause and lower yourself back to full hang.

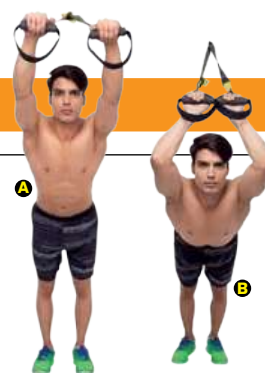


6/ QUAD PRESS 5 REPS

Muscles worked



Another way to update the ever-reliable press-up. By changing your centre of gravity you can target your upper body more effectively. Drop on all fours, knees bent forward and weight resting on your toes. Place your hands together (A) and bend your elbows to lower your chest to the floor, allowing your knees to splay out. (B). Straighten your arms to return to the start. If you feel like a frog, you're doing it right.



7/ TRICEP EXTENSION 12 REPS

Muscles worked



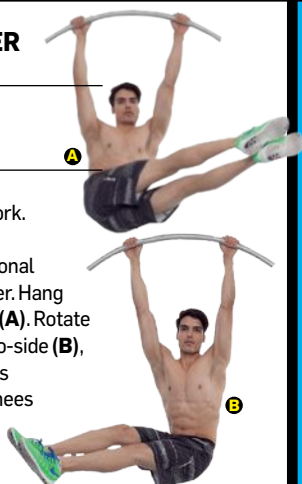
Find a step, ledge or a bar that's about waist-high and get into a press-up position with your hands resting on the bar (A). Keep your torso rigid and elbows tucked in close to your body. Lower your body until your head drops below the ledge/bar (B). Then straighten your arms to return to the start. You should feel a sharp burning in your triceps. If not, dial up the difficulty by finding a lower ledge.

8/ WINDSHIELD WIPER 12 REPS

Muscles worked



Target every part of your abs without any weights or mat work. Lifting your legs hits the elusive lower abs, while rotational moves are a love-handle buster. Hang from a bar and raise your legs (A). Rotate your trunk to shift them side-to-side (B), like the movement of your car's wipers. Try not to bend your knees or elbows. Making swishing noises is fine, however.

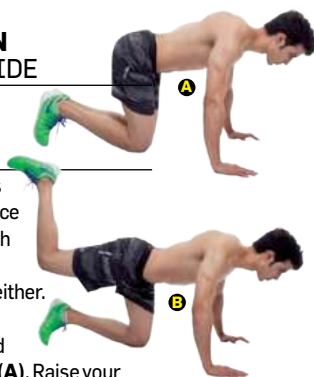


9/ HIP EXTENSION 8 REPS ON EACH SIDE

Muscles worked



This finishing move looks yoga-esque and is a chance to squeeze in extra growth while stretching out. You don't need to say 'ommm', either. Start on all fours, hands under your shoulders and knees beneath your hips (A). Raise your right foot off the floor and, keeping the knee bent, lift it until your hamstring is in line with your back (B). Lower and repeat on the other leg. Finish up your two sets and collapse on the mat/carpet.



YOUR FIRST THREE WEEKS

Keep ticking off on this planner to stay on the straight and narrow with your muscle

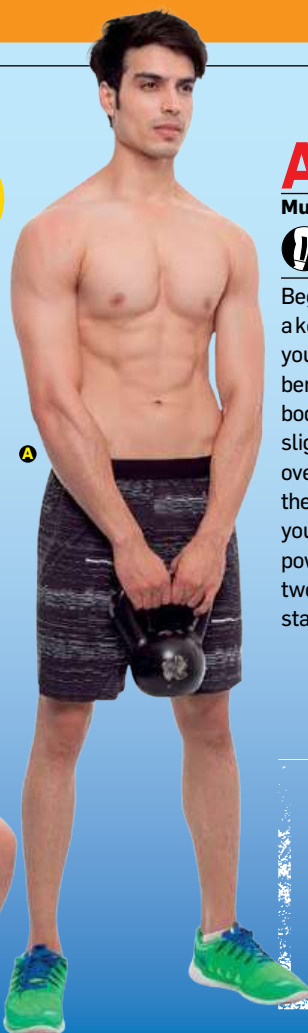


EXERCISE		WEEK 1		WEEK 2			WEEK 3			
		SET 1	SET 2	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 4
SINGLE-LEG BURPEE	5 REPS X 2									
CLAPPING PRESS-UP	6 REPS									
KNEE-RAISE CHIN-UP	6-8 REPS									
LATERAL LUNGE	6-8 REPS X 2 EACH LEG									
INVERTED ROW	8 REPS									
QUAD PRESS	5 REPS									
BODYWEIGHT TRICEPS EXTENSION	12 REPS									
WINDSHIELD WIPER	12 REPS									
QUADRUPED HIP EXTENSION	8 REPS X 2									

PICK UP THE PACE

Your bodyweight work has conditioned your muscles and built a base of strength. Now you'll grasp how to train with weights correctly. Whether you're new to the gym or could do just with a refresher, by using a single weight you can focus on getting your form spot on. You want to strain your t-shirt rather than your back, after all.

CIRCUIT



A-01 DEADLIFT 5 REPS

Muscles worked

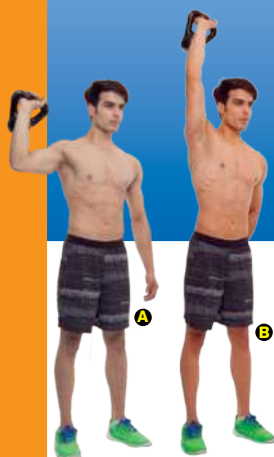


Begin the next phase of your development with a kettlebell or dumbbell on the ground between your feet. Take a shoulder-width stance and bend at your knees and hips to lower your upper body. Keep your head up and your lower back slightly arched. Grab hold of the weight with an overhand grip (A), then use your thighs to lift the weight, straightening your legs (B). Tense your glutes hard at the top—it will unlock extra power and give you perfect form to boot. Take two to four seconds to lower your back to the start and reset your position before you restart.



MAKE IT WORK FOR YOU

Perform each mini-circuit, rest for a minute, then switch, aiming for four sets of each circuit. When you can do two circuits in a row without stopping, add five kilos. Do four workouts per week and watch yourself grow.



A-02/ ONE-ARM MILITARY PRESS 5 REPS

Muscles worked



This overhead move is an effective way to build your shoulders. Feet at shoulder-width, weight in one hand, hoik it up so it's next to the side of your head with a bent elbow (A). Straighten the arm hard to push the weight above your head (B) but don't lock your elbow. Slowly lower it to the start position. Squeeze your abs throughout to stop your torso twisting. It will hurt more tomorrow if you don't.

A-03/ GOBLET SQUAT 5 REPS

Muscles worked



It sounds like something from *Game of Thrones* and for lower-body strength, it is just as epic. Thankfully it's far less bloody. Hold the weight with both hands at chest height, elbows tucked in (A). Bend your hips and knees to lower yourself. Stop when the bottoms of your thighs are parallel to the floor but sink deeper if you can manage it. Keep your back straight and knees in line with your feet (B). Rise to the start, finish your reps, take your rest, then turn the page.



CIRCUIT



B-01/ SWING 5 REPS

Muscles worked



A classic muscle-building exercise still worth doing. Start with a three- four foot wide stance, holding a kettlebell or dumbbell in one hand. Hang it between your legs from a straight arm, then let it fall between your legs a bit further and absorb the momentum by sitting back (A). Now drive your hips forward to raise the weight in front of you to chest height (B). Then, let it drop back between your legs again. This should be done quickly. Let it swing.



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MUSCLE



B-02/ TURKISH GET-UP 5 REPS

Muscles worked



To work your whole body, all you have to do is get up. Lie on the floor with your left leg straight and hold a weight in your left hand straight above your chest, supported by your right arm. (A). Pushing off the ground with your right hand and leg, come up to standing position (B). Lie back down as you keep holding the weight above you. Switch hands and repeat.



B-03/ SQUAT THRUST TO PRESS-UP TO DEAD CLEAN 5 REPS

Muscles worked



The big finale. Stand with the weight between your legs, bend down to grip the handle with your right hand, and drop into a press-up (A), then jump your legs forward so your feet land on either side of the kettlebell. Now stand up, pulling the weight up your body until it's level with your chin and catching it in the rack position (B). Repeat on the other side.

TEST YOUR METAL

Picking things up is a lot easier when you know what you're doing. Tick off your sets as you improve over the next three-week phase. Join the resistance.



EXERCISE	WEEK 1				WEEK 2				WEEK 3			
	SET 1	SET 2	SET 2	SET 2	SET 1	SET 2	SET 3	SET 2	SET 1	SET 2	SET 3	SET 4
DEADLIFT	5 REPS				5 REPS				5 REPS			
ONE-ARM MILITARY PRESS	5 REPS				5 REPS				5 REPS			
GOBLET SQUAT	5 REPS				5 REPS				5 REPS			
SWING	5 REPS				5 REPS				5 REPS			
TURKISH GET-UP	5 REPS				5 REPS				5 REPS			
SQUAT THRUST TO PRESS-UP TO DEAD CLEAN	5 REPS				5 REPS				5 REPS			



RUNNING COMMENTARY BY ASHOK NATH

RUNNING HAS EVOLVED SO MUCH. WHAT SHOULD I BE LOOKING FORWARD TO NOW?

SHAKTI NATH, NEW DELHI

There has indeed been a progression in training methods, and this has been reflected in improved race timings. Running workouts focused on speed work, tempo, endurance and hills are in vogue with most running groups, but they are missing the vital element of 'personalisation', making it athlete focused. In my opinion, the next phase of running will take into account the muscle-type (fast twitch, slow twitch) of a runner with training personalised to suit his needs and goals.

AS A RUNNING EXPERT, HOW CAN THE TWO HOUR BARRIER BE BROKEN FOR THE MARATHON?

SUSHIL CHAUDHARY, BANGALORE

'Perception governs reality'. Like so many other records that have stood the test of time, the largest barrier is in the mind of the athlete. I believe that a sub two-hour marathon will happen when a trained elite runner believes it is possible. And for this mindset, I would have my elite runner do a mock marathon on a largely downhill course to experience it first-hand. He should know how it feels to breach the two-hour mark. It then makes sense to place him in a legitimate fast marathon course, with the right incentive and competition, and then watch what happens.

Ashok Nath is the founder of Catalyst Sports & Wellness (P) Ltd., which undertakes mentoring and workshops on running form, and is a six-time qualifier of the iconic Boston marathon. Incidentally he is a 3 time winner of the veteran category at SCMM, India.

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BEFORE 110 KG AFTER 68 KG

100 KG 110 KG 85 KG 67 KG 78 KG 68 KG

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FOODS THAT BOOST ENERGY

GET DRUNK TO DETOX, P43

GAURAV ARORA
"When I was fat, I had no confidence, no friends, no girlfriend." P51

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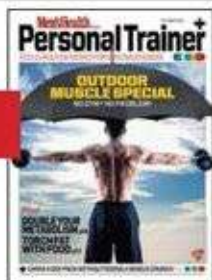
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MOBILE REINFORCEMENT

After four-six weeks of basic weight training, you're ready to move on. The next phase of your evolution builds on newfound strength and mobility and uses a simple apparatus to improve your athleticism. On the pitch you'll benefit from more power. In everyday terms, your all-over muscle will surpass that of the average gym-goer

A-01 SWISS BALL HAM CURL

3 SETS OF 10 REPS

Muscles worked



Bringing a ball into play provides the instability you need to score stronger abs. Lie down on the floor with your right ankle resting on the ball. Raise your left foot off the ground and stretch your arms out beside you for balance. Now engage your lower-body muscles to lift up your hips until your body forms a straight line from your shoulders to your ankles. Bend your right leg to roll the ball toward your backside (A). Take two seconds to straighten the same leg to roll the ball back away from you (B) and lower your body down. Resist the urge to collapse.



CIRCUIT A

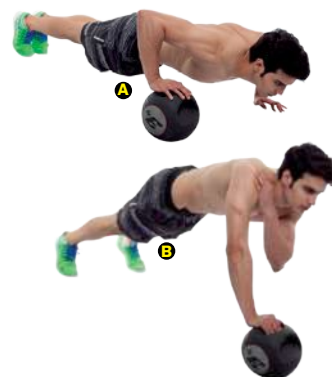
A-2/ MED BALL PRESS-UP

3 SETS OF 10 REPS

Muscles worked

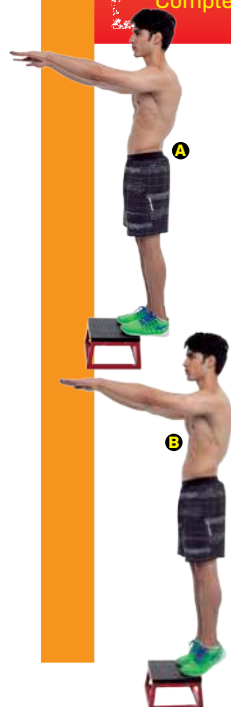


Make stronger abs your motivation. In a press-up position, hands slightly wider than shoulder-width apart, put your right hand on a medicine ball and your left on the floor. Both your elbows should be bent (A). Perform a press-up, but at the top of the movement bring your left hand to your right shoulder and hold it there for two seconds (B). Do all of your reps raising one arm, then swap sides.



MAKE IT WORK FOR YOU

Perform all three circuits in one workout, doing all your sets before moving on to the next circuit. Rest for 30 seconds after each set in circuits A and B and 60 seconds in C. Complete it two to four times a week.



A-03/ STANDING CALF RAISE

3 SETS OF 10 REPS

Muscles worked



Isolating your lower legs is easy to do. All you need is a step or a small box. Rest the balls of your feet on the edge, heels hanging off and lowered as far toward the floor as you can (A). Push down hard through your toes, bringing your heels up as high as possible (B). Jump off, then spring back to the start position and repeat. If you didn't feel the burn, wear a weighted vest. Be honest, now.

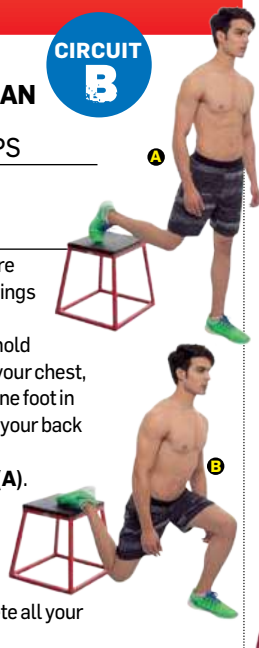
B-01/ BULGARIAN SPLIT SQUAT

3 SETS OF 12 REPS

Muscles worked



The angles at work here zero in on your hamstrings and quads. Strap into that weighted vest or hold a lightweight plate to your chest, arms crossed. Place one foot in front of the other, with your back foot resting on top of a box about 30 cm high (A). Bend your knee and lower down as far as possible (B). Now steadily return to the start position. Complete all your reps, then swap sides.



CIRCUIT B

B-02/ RAISED PRESS-UP

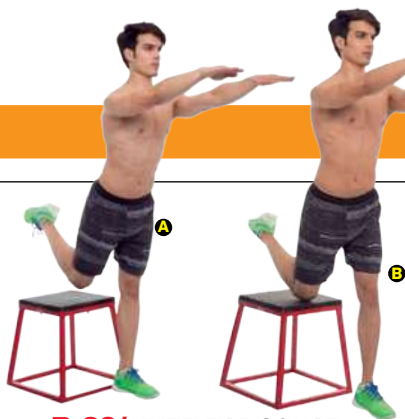
3 SETS OF 12 REPS

Muscles worked



Shrug off the weighted vest and drop into a press-up position, hands slightly wider than your shoulders. Rest your toes on the edge of that same box. The angle variation engages more of your shoulders and upper pecs. Make sure your body forms a straight line from shoulders to ankles (A). Lower down until your upper arms dip below your elbows (B). Then straighten your arms to return to the start position. Repeat.





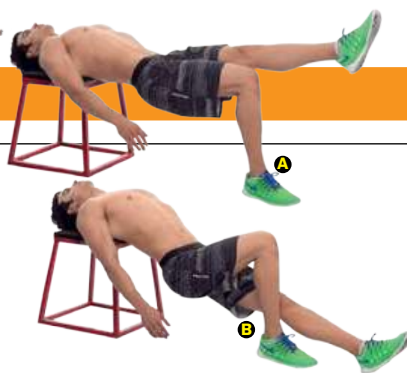
B-03/ KNEE-TAP SQUAT

3 SETS OF 12 REPS

Muscles worked



This simple move ensures you squat properly and with good balance. Put on that vest again and stand in front of the box on your left leg. Lift the other leg, bent behind you. Extend your arms to help you balance (A). Bend at the hips and knees to lower down until your back knee lightly taps the top of the box (B). Now reverse the motion and push back up. Go slowly to avoid awkward bruises.



B-04/ ONE-LEG HIP THRUST

3 SETS OF 12 REPS

Muscles worked



In front of the box again, lie with your upper back on the edge, knees bent, hips down. Lift your left leg so you're balancing on your right. Stretch your arms out to your sides, palms facing up. Stop yourself from nodding off by lifting your hips so your body makes a straight line, from knees to nose (A). Lower down (B), switch legs and repeat. Don't get too comfortable, there's still a circuit to go.



C-01/ TOWEL FLY

3 SETS OF 15 REPS

Muscles worked



Find yourself a bit of shiny wooden floor and grab two fresh gym towels. In the press-up position, place a towel under each hand. Your body should form a straight line from your shoulders to your ankles (A). Push the towels away from your body while keeping a bend in your elbows (B). Stop when your chest is an inch above the floor. Pull the towels together to return to the start. You can wipe down later.

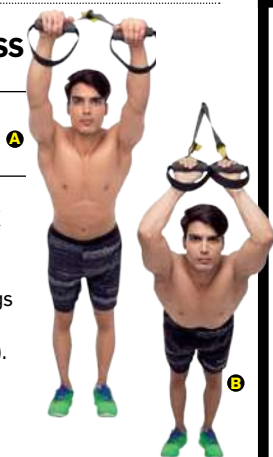
C-02/ TRX TRICEP PRESS

3 SETS OF 15 REPS

Muscles worked



Prepare to push through the ceiling of your strength. Set a TRX so the handles are level with your eye line. Hold one in each hand, elbows locked. Now walk your legs back so your body is diagonal to the ground, your back straight (A). Lower by bending your elbows until your head is below the handles (B). Straighten to return. It hurts but you'll be surprised by how many you can do.



C-03/ TRX Y-PULL

3 SETS OF 15 REPS

Muscles worked



Finally, you're going to do some suspended rowing for a more powerful back and bigger biceps. Set up the TRX as before and grab a handle in each hand. Shuffle your feet forward so your back is diagonal to the ground and your palms face each other (A). Pull the handles apart so they end up above your head and you form a standing Y-shape, (B). After all your reps, consider this stage of the development complete.



STAY ON TRACK

Mastering more advanced movements in the gym demands focus. Leave the rep counts to us and concentrate on unlocking the natural athlete within.



EXERCISE		WEEK 1			WEEK 2			WEEK 3		
		SET 1	SET 2	SET 2	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
SWISS BALL HAM CURL	10 REPS				10 REPS			10 REPS		
MED BALL PRESS-UP	10 REPS				10 REPS			10 REPS		
STANDING CALF RAISE	10 REPS				10 REPS			10 REPS		
BULGARIAN SPLIT SQUAT	12 REPS				12 REPS			12 REPS		
FEET-ELEVATED PRESS-UP	12 REPS				12 REPS			12 REPS		
KNEE-TAP SQUAT	12 REPS				12 REPS			12 REPS		
ONE-LEG HIP THRUST	12 REPS				12 REPS			12 REPS		
TOWEL FLY	15 REPS				15 REPS			15 REPS		
TRX TRICEP PRESS	15 REPS				15 REPS			15 REPS		
TRX Y-PULL	15 REPS				15 REPS			15 REPS		

MUSCLE

NEXT LEVEL STRENGTH

If you've stayed true to your training plan so far, you'll have set a foundation of strength, mastered athletic movement and learnt to do it with proper form. Now pull it all together to really see some changes. Use this 30 minutes gymnastics-inspired workout to grow stronger and add eye-catching definition. Ready to level up?

01 DEAD-HANG PULL-UP 5 REPS

Muscles worked

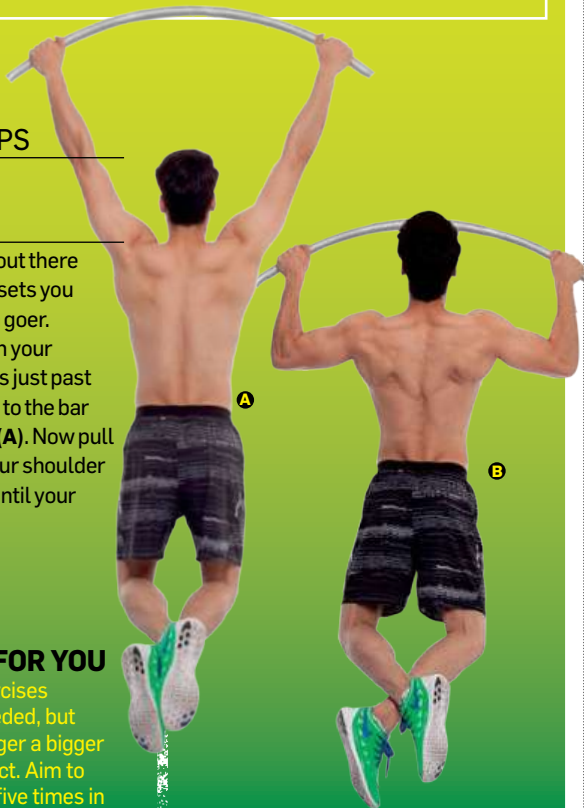


Pull-ups are the best move out there for honing the V-shape that sets you apart from the average gym goer. But you have to be strict with your form. Hang off the bar, hands just past shoulder-width. Try to cling to the bar without gripping it too hard (A). Now pull with your arms and bring your shoulder blades down and together until your chest touches the bar (B).



MAKE IT WORK FOR YOU

Perform the exercises in order. Rest as needed, but working faster will trigger a bigger muscle-building effect. Aim to get through the circuit five times in 30 minutes and shoot for four sessions a week.



02/ PRESS-UP TO FLOOR 10 REPS

Muscles worked



We all like shortcuts. But by cutting out the elastic energy – ie 'bounce' – of your muscles, this tweaks the standard press-up for better muscle recruitment in your arms and chest. Start in a normal press-up position, hands beneath your shoulders (A). Bend at the elbows and sink until your chest is on the floor. Tap your elbows down (B) before pushing back up. Tough, yes, but worth it.



03/ DROP SQUAT 10 REPS

Muscles worked



This far into the workout programme, you should have built the mobility needed to sink deeper into your regular squats. Start with your feet at shoulder-width (A) and bend at your hips and knees to lower (B). If you can't sink all the way, stop when your thighs are parallel to the floor. Quickly push up to standing. This works your core, as well as the big muscles in your lower body. You're heavy enough without the barbell.

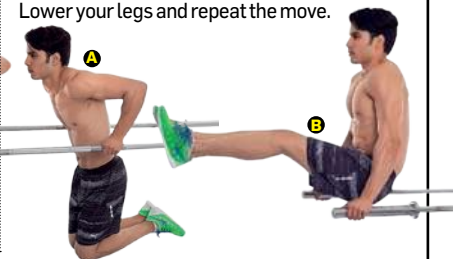


06/ TRICEP DIP TO L-SIT 5 REPS

Muscles worked



This is the gymnast's six-pack secret. Set yourself up on a pair of parallel bars and complete a full dip, arms at 90 degrees (A). As you push up, raise your legs until parallel to the floor; hold for one second at the top (B). Your body and legs should form a shape which you might now refer to as The Bloody L. Lower your legs and repeat the move.

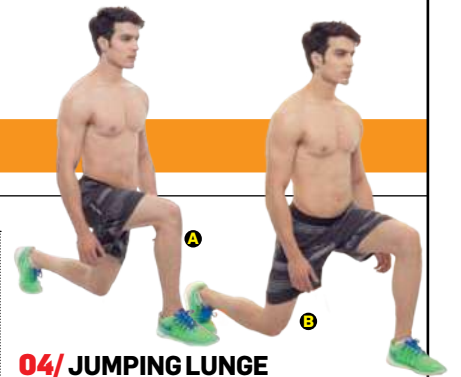


04/ JUMPING LUNGE 5 REPS ON EACH LEG

Muscles worked



You're sticking with your lower body for now; brace yourself for some burn. Stand with arms by your sides, then jump into to a lunge with your front leg at 90 degrees and back knee five cm off the ground (A). Now leap back up to the start, swap legs and repeat the lunge (B). Too easy? Hold your fingers to your temples to activate more of your core for balance.



05/ CHINTO BURPEE 5 REPS

Muscles worked



Your arms have had a bit of a break, which is handy because this is hard on both, your biceps and triceps. Hang from the bar with your palms facing in. Pull up to bring your chest to the bar (A); hold momentarily, then lower. Drop off the bar and go straight into a burpee with a press-up in the middle (B). At the top of the burpee grab the bar. Got that? Keep doing it.



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MUSCLE

07/ HANGING L-SIT 10 REPS

Muscles worked



Blast through another core exercise to ensure no ab muscle is left untuned. With hands at shoulder-width, hang at arm's length (A). Bring your legs up into the L-sit position (B). Hold for a second and lower with control. Don't let your legs start to swing or you'll lose tension.

08/ BODYWEIGHT GET-UP 5 REPS

Muscles worked



It sounds simple, but done right, this will call on all your major muscle groups at once. Start standing straight, feet together, then drop your hips. As you do, bring your arms in front of you, and let momentum roll you back onto your shoulders, and bring your knees in front of your face (A). Now throw your arms forward and leap up to plant your feet firmly on the floor (B).

09/ SINGLE-LEG BOX JUMP 5 REPS ON EACH LEG

Muscles worked



Finally, let's send your new athleticism vertical. This move is hard (and slightly risky) but your reward is sporting strength that's as useful in the real world as it's nice to look at. Stand in front of a box, lift one leg (A) and sink into a squat. Push hard and swing your arms to jump up onto the box; land on one foot (B). Hop off with feet together, and switch legs. Fight the wobble and blast through your reps.

YOUR FINAL TEST

This is it. Your challenge is to push through five sets as quickly as your new, all-over muscle will let you. Rest as much or little as you want. Then note your time.



EXERCISE		SET 1	SET 2	SET 3	SET 4	SET 5
DEAD-HANG PULL-UP	5 REPS					
PRESS-UP TO FLOOR	10 REPS					
DROP SQUAT	10 REPS					
JUMPING LUNGE	5 REPSX2					
CHIN TO BURPEE PRESS-UP	5 REPS					
TRICEP DIP TO L-SIT	5 REPS					
HANGING L-SIT	10 REPS					
BODYWEIGHT GET-UP	5 REPS					
SINGLE-LEG BOX JUMP	5 REPSX2					

TIME TAKEN TO COMPLETE THE FULL WORKOUT:

YOUR GRAND FINALE

You've mastered the basics, honed your technique and become stronger than you've ever been. Which is all good to know, but it's nice to show it off too, isn't it? The behind-the-back-clap press-up is your spotlight move. Perform it when you're fresh if you want to impress and you'll build even more strength through your torso.



IT'S NOT JUST FOR SHOW

Pulling your arms behind you improves the flexibility in your back and shoulders. This will stop you from becoming too front heavy like the guys in spray-on vests at the gym.

01/ PACE YOURSELF

Speed is not your aim at this stage. In a press-up position, bend your elbows to ease yourself down. You want to generate as much elastic energy in your muscles as possible, so tense your abs hard and tuck your elbows in.

02/ CLAP IN TIME

Just before your chest touches the ground, push up fast. Use momentum to pull your hands back to touch behind your lower back. Try to make them meet any higher and you run the risk of losing face.

03/ LAND IT

Whip your hands back in front to land. You'll come down hard, so use the strength in your arms to cushion your weight and lower yourself down into another impressive rep. When you're done, give yourself a pat on the back.

NUTRITION

FEED YOUR GROWTH

Spike your muscle-building Human Growth Hormone (HGH) levels the tasty, and legal way. No needles required

01 MORNING GLORY

Melatonin-rich foods can increase HGH production by up to 157 per cent. Raspberries give the best boost to your levels, so throw some on your oats for breakfast.

Source: Clinical Endocrinology

02 FISH FOR A COMPLIMENT

Vitamin D deficiency is directly related to lowered levels of male hormones, but raw fish such as salmon sashimi provides 271 per cent of your RDA per 100 gm serving.

Source: Rikshospitalet, Oslo University

03 SLEEPING GIANT

Pineapple is a great source of serotonin: A hormone made between the brain and digestive track that works as a neurotransmitter to relax you. Eat it late to aid sleep and boost HGH.

Source: The Journal of Clinical Investigation

04 WELL-OILED MACHINE

Add some coconut oil (one gram per kg of your bodyweight) to your pre-workout shake to boost your HGH for up to four hours—and improve your resistance training power in the process.

Source: Journal of Endocrinology

05 VEG OUT FOR WORKOUTS

If you need a snack pre-gym, go vegan. Soy beans are a great source of L-arginine, which increases your hormone levels after only 30 minutes.

Source: Department of Exercise Science at Syracuse University

OR...EAT NOTHING

Studies show fasting can increase your growth hormone levels by 2,000 per cent. Skip lunch just once a week to see the benefits.

Source: University of Virginia Medical School

06 LEARN FROM LECTER

Hannibal Lecter's favourite, fava beans are high in L-dopa. This stimulates your pituitary gland to make extra growth hormones available to your muscles.

Source: Kobe University School of Medicine, Japan

07 BULK UP YOUR MEAL

Ok, you knew it would be in here. But protein benefits aside, the amino acids found in your favourite meats help you synthesise L-orthinine, a compound that raises your growth hormone by up to four times above baseline levels.

Source: University of Houston, Texas

08 POT OF GOLD

Research shows that as little as two grams of foods high in the amino acid glutamine, such as yoghurt, is enough to increase production of HGH. Eat after dinner to top up your levels.

Source: Louisiana State University

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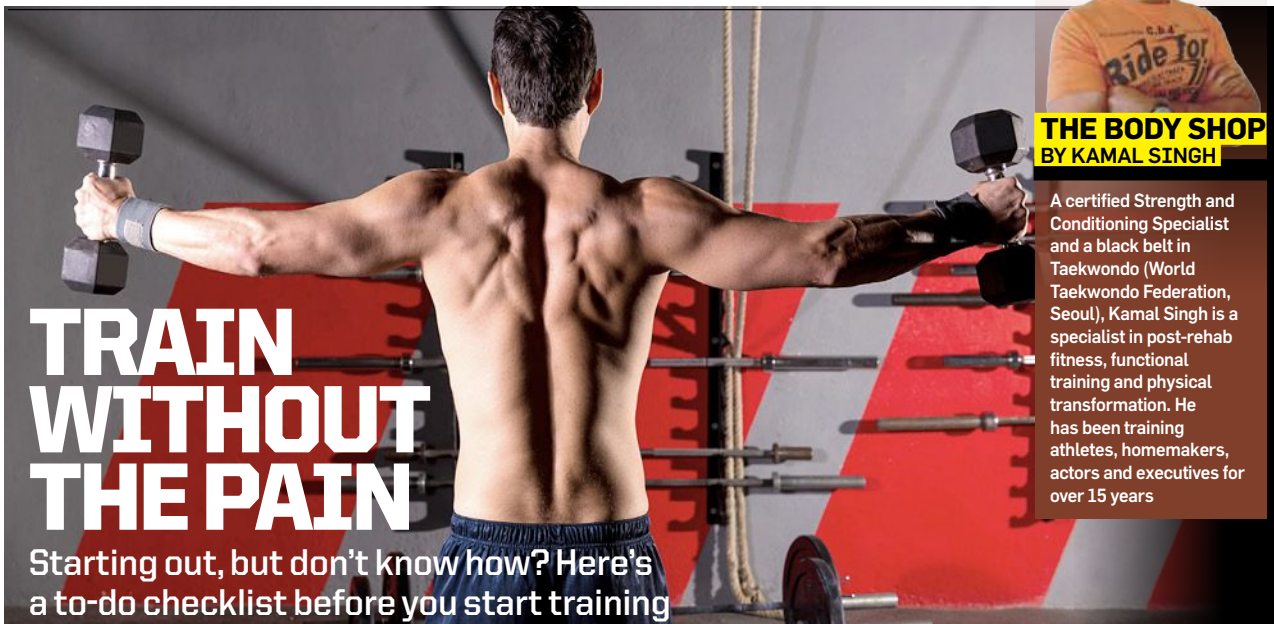
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THE BODY SHOP BY KAMAL SINGH

A certified Strength and Conditioning Specialist and a black belt in Taekwondo (World Taekwondo Federation, Seoul), Kamal Singh is a specialist in post-rehab fitness, functional training and physical transformation. He has been training athletes, homemakers, actors and executives for over 15 years

TRAIN WITHOUT THE PAIN

Starting out, but don't know how? Here's a to-do checklist before you start training

Most people are unaware of the fact that they can make significant amount of muscle and strength gains when they begin weight training. In fact, the initial phase is invaluable and should be carefully utilised to create a process by which you can continue to make gains, as well as remain injury-free. Unfortunately, this is rarely the case as most beginners end up underutilising this phase with inappropriate exercises, leading to injuries and stalled progress—sometimes even leading people to quit. Let's take a look at where most beginners go wrong, its consequences and also what are some of the saner approaches.

LEARN THE CORRECT FORM

YouTube and other video blogs can give you a feel of what the exercise looks like, and how it should be performed. If you've never trained before, you probably have no clue about the correct form or whether you are capable enough to perform a particular exercise. Finding an experienced trainer who can assess your mobility, and teach you the correct form, is imperative. Doing an exercise

incorrectly and then engraining that pattern over time, can lead to muscle imbalances and injuries down the line.

CHOOSE THE CORRECT PROGRAMME

If you're a newbie, don't look to start with a body part split programme. I see this all the time: A newcomer with an underdeveloped frame trying to follow a Ronnie Coleman programme. And no, you don't need a 'chest' day, or an 'arms' day either. This leads to excessive overloading of muscles for a beginner. Instead do a full body routine thrice a week, training on alternate days. This kind of programme adds load and frequency while starting up to recover, as well as stimulates future muscle growth.

INCORRECT EXERCISE PATTERNS OVER TIME, CAN LEAD TO MUSCLE IMBALANCES AND INJURIES DOWN THE LINE

FOCUS ON COMPOUND EXERCISES

Leave out exercises like the chest flyes, the front raises, the leg extensions, and concentration curls. Spend majority of your time on compound bi-lateral and unilateral exercises like bench presses, military presses, squats, deadlifts, rows, lunges, split squats and pull-ups. Isolation exercises might be okay for the bodybuilder

who has spent years creating enough of a base to dilly-dally with 'shaping' exercises. You don't have that luxury yet!

Here is a simple standard programme you should aim for, as a beginner—15 repetitions with your body weight on the bar on squats, bench press and rows. Also, get 15 repetitions on strict pull-ups—avoid skipping pull-ups. Once you get this right, follow it up with a slightly more complex programme.

Beginners would need to perform compound exercises like the squat, deadlift, bench press, pull-up, rows etc with correct form. They would need to build a foundation with these exercises and make sure they get their diet right to fuel their growth—for healthy joints and muscle gains.

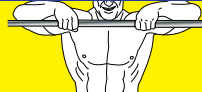
AVOID THESE, NO MATTER WHAT YOUR GYM BROS SAY!

There are several exercises in the gym, which are supposed to target particular body parts really well, but only end up creating joint issues down the line.

For instance, a wide-grip bench press to the neck is supposed to 'isolate the pecs', but it actually only ends up wrecking your shoulder.



Instead, do regular bench presses with barbells, dumbbells etc.



Similarly upright rows and lateral raises with the pinky turned up, stresses the shoulders and can lead to shoulder impingement later on.

Instead, do laterals with the palms parallel to the floor, and do shrugs instead of upright rows.



BUILD SIZE AND STRENGTH—TOGETHER

Find the middle path to get the best of both worlds



PERFECT FORM

BY DECKLINE LEITAO
(CSCS, NASM-PES, CES, CPT)

Deckline Leitao, who holds a sports science degree from South Africa and a PG diploma from the UK, is one of India's most qualified trainers

Ok, let's clear the air right at the start—becoming your strongest self, or your biggest self, both require a different approach in resistance training. You need to first be clear about your goals, and then train accordingly. If you are training to enter a powerlifting competition, then by all means go ahead and perform your heavy squats, bench presses and deadlifts with low reps. Or even if you're a competitive athlete who needs to maximise strength, without putting on too much bulk, then low-rep (<five repetitions) and heavy weight training might be for you.

But, focusing more on the load that you lift, rather than the quality of your workouts, won't help you pack on maximum muscle. Training with heavy weights unnecessarily might also predispose you to muscle and joint injuries. So don't let your ego dictate your lifting habits. Drop the "how much can I bench" mindset unless

THE TABLE BELOW IS THE GUIDELINES SET BY THE NATIONAL STRENGTH AND CONDITIONING ASSOCIATION, USA, FOR GAINING MUSCLE SIZE OR STRENGTH

Variable	Hypertrophy (muscle size)	Strength
Intensity	Low to moderate	High
Resistance percentage	50-75 per cent of 1 Rep Maximum	80-90 per cent of 1 Rep Maximum
Volume	High to moderate	Moderate to low
No of sets	3 to 6 sets per exercise	3 to 5 sets per exercise
Repetition range	10-20 repetitions	2-5 reps
Rest period between sets	45 to 60 seconds	3 to 5 minutes

you're a competitive strength athlete aiming to win medals.

You often see guys training heavy for every session in the gym, and still not put on much muscle mass. This is because the

heavy lifting makes you stronger like a powerlifter, but not necessarily big like a bodybuilder. Though most of us might not aspire to be as massively built as some professional bodybuilders, the

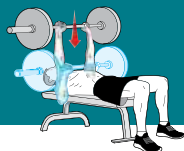
principles used in bodybuilding training can come in handy to pack on some muscle.

As you can see from the table, go easy on the heavy sets if you're looking to pack on maximum muscle size. Also, get used to the theory of pumping the muscle with multiple sets—as espoused by Arnold Schwarzenegger and general bodybuilding training principles. It's not that training with heavy weights won't build any muscle; it's just that the size you gain will be lesser in comparison, and the potential for injuries for a regular guy goes up.

TRY THESE OLD-SCHOOL TRAINING PROGRAMMES TO PACK ON SIZABLE MUSCLE ALONG WITH DECENT STRENGTH GAINS

CHEST

- Bench press 3 x 8
- Incline bench press 3 x 10
- Decline dumbbell bench press 3 x 10
- Cable crossovers 3 x 12
- Pec deck 3 x 12



BACK

- Deadlift 3 x 8
- Seated cable row 3 x 10
- Front lat pull-down or pull-ups 3 x 10
- One arm dumbbell row 3 x 8
- Barbell shrugs 3 x 10



ARMS

- Barbell bicep curls 3 x 8
- Triceps rope pressdown 3 x 10
- Alternate dumbbell curls 3 x 10
- EZ bar skull crushers 3 x 8
- Preacher bench curls 3 x 12
- Overhead single arm tricep extension 3 x 10
- Concentration curls 3 x 10
- Tricep kickbacks 3 x 12



SHOE REVIEW

NANO FOOTWEAR FOR BIGGER GAINS

Are Reebok's fifth generation of CrossFit shoes, the Nano 5.0, as technologically advanced as they claim it to be?



WHEN THE GOING GETS TOUGH, THE NANO GETS GOING

WORDS: REGI JENARIUS

There used to be a time when a cross-training shoe was all that you needed for any activity that required you to do more than walk or run. A crossfitter though, would argue that the activities they performed, which have been questioned worldwide ever since their inception, needed 'specific' footwear since the time CrossFit (CF) was conceived as a sport of sorts in 2010. The Reebok CrossFit Nano 5.0, the latest in Reebok's line of CF shoes, they say, is here to give the ardent Crossfitter, what he has been longing for: Performance with a touch of comfort and style.

LOOK AND FEEL

The shoe seems to be a marriage of the Reebok CrossFit Compete 614 (Rich Froning's signature design shoe) and the CrossFit Nano 2.0—giving it quite a distinct and rugged appeal. For something as sturdy as the 5.0, I was surprised at how light my feet felt in the Nano.

THE TECHNOLOGY

Traditionally, lifting shoes are known to be big and clunky, while

running shoes are fast becoming more flexible and flimsy. The Nano 5.0 is the ultimate fusion of both worlds; its heel is stiff enough to lift heavy loads, the sole flexible enough to allow ease of movement and the durable lightweight kevlar on top moves in the direction of your foot. A classic low-profile and a wide toe-box sets a solid base for heavy lifts. Apart from being breathable and lightweight, the kevlar is also abrasion resistant. This helps it resist wear and tear during rope climbs, burpees etc. The only problem is that, although the materials are top notch, they don't hold the shape of the shoe well.

THE PERFORMANCE

It's an excellent shoe to squat in. Its 3 mm heel-to-toe drop is lesser than its predecessors, making it more neutral and stable, even for heavy Olympic lifts. The back of the shoe cups your heel in place, giving you a secure fit while lifting big. The power delivery, flexibility and response of the sole, make exercises like box jumps, double

unders and short distance runs seemingly light. The treading below the sole assists lateral movements and sprints. I usually wear half a size larger to accommodate the load in the front of the toe box. No such need in the 5.0 though. The toe box is comfortable enough to accommodate sufficient amount of pressure up front.

SHOULD YOU BUY THEM?

Priced at ₹9,999 they're not the cheapest buy, but are quite responsive while performing CF exercises or movements similar to it. If you're a Nano fan, you may want to upgrade to the 5.0, as its predecessors don't offer the versatility it does. I can't for my life imagine doing even a five km run with them on. They just don't seem to be built for longer runs or even for regular morning runs for that matter. But, if quickness and power delivery is what you're looking for, then the CrossFit Nano 5.0 might be what you've been waiting for.

CHOOSE YOUR CROSS'FIT'

Kamal Chhikara, head coach at Crossfit Robust and a certified Reebok Trainer, tells you how

Every CF workout is represented by the inclusion of one, two or three modalities. They could be cardio based (running, biking, rowing, jump ropes etc) or gymnastics based (pull-ups, push-ups, dips etc) or weightlifting based (deadlifts, cleans, snatches etc) or a combination of all of them.

There are two CF shoes that you can pick from depending on the type of training you're into



1 Crossfit All-Around Shoe (Reebok Nano)



2 Crossfit Lifting Shoe (Reebok Crossfit Lifter)

While the Nano has a stable, flat base with a 3mm heel drop, the lifter produces more force from the ground for heavy lifts due to its raised heel. When it comes to jumps, sprints and agility though, the Nano is far more suitable. **Due to its multifunctional approach to training, the Nano is a better all-around shoe for most.**

A BETTER WAY TO BIGGER BICEPS

USE THIS CUTTING-
EDGE WORKOUT TO ADD
INCHES TO YOUR ARMS

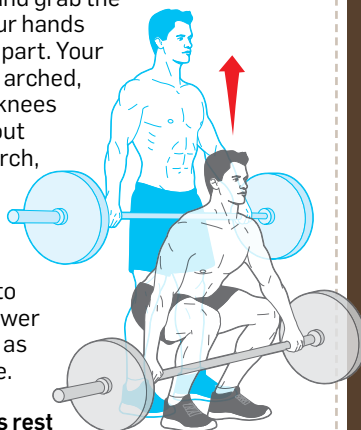


YOUR 4-WEEK BIG-MUSCLE PLAN

WANT YOUR ARMS TO GROW? WORK THE MUSCLES AROUND THEM

1 Wide-Grip Deadlift

Load a barbell and roll it against your shins. Bend at your hips and knees and grab the bar with an overhand grip, your hands about twice shoulder-width apart. Your lower back should be slightly arched, your arms straight, and your knees bent about 90 degrees. Without allowing your lower back to arch, pull your torso back and up, thrust your hips forward, and stand up with the barbell. Pause momentarily, and then take three seconds to reverse the movement and lower the bar to the floor, keeping it as close to your body as possible.



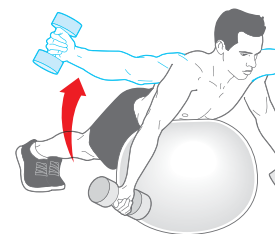
2-3 sets • 6-8 reps • 2 minutes rest

2B Y-T-W-L-I Raises On Swiss Ball

Y Lie face down on a Swiss ball so your back is flat, your legs are straight, and your chest is off the ball. Let your arms hang straight down from your shoulders, your palms facing each other. Without bending your elbows, raise your arms until they're in line with your torso and they form a Y. Pause, and then slowly lower them to the starting position.

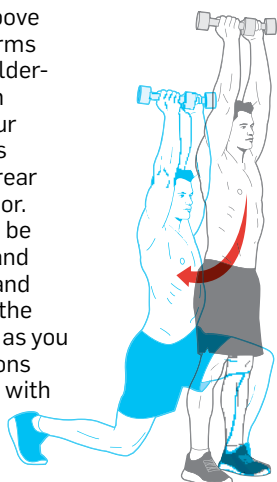


T Turn your arms so your palms face out. Now raise your arms straight out to your sides until they're in line with your torso, and then slowly lower them to the starting position.



2A Overhead Dumbbell Reverse Lunge

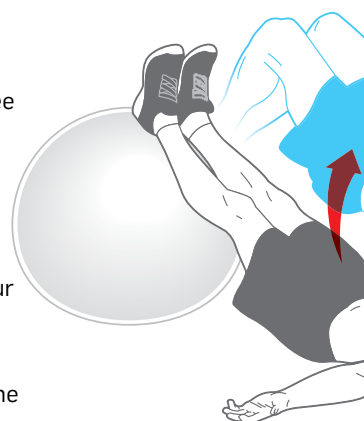
Hold a pair of dumbbells above your shoulders with your arms straight and your feet shoulder-width apart. Step back with your right leg and lower your body until your front knee is bent 90 degrees, and your rear knee nearly touches the floor. Your front lower leg should be perpendicular to the floor and your torso upright. Pause, and then push yourself back to the starting position as quickly as you can. Finish all your repetitions and then repeat the motion with your left leg.



2-3 sets • 8-10 reps • 1 minute rest

3A Swiss Ball Hip Extension and Leg Curl

Lie on your back on the floor and place your lower legs on a Swiss ball. Place your arms out to your sides at a 90-degree angle, your palms facing up. Now push your hips up so that your body forms a straight line from shoulders to knees. Without pausing, pull your heels towards you and roll the ball as close as possible to your butt. Pause, and reverse the motion by rolling the ball back until your body is in a straight line. Lower your hips back to the floor and repeat.



2-3 sets • 8-10 reps • 1 minute rest

DIRECTIONS Do this workout three to four days a week, with a day of rest between sessions. Do the exercises in the order shown, using these guidelines.

Exercise 1 Perform straight sets, completing all your sets before moving on to exercises 2A and 2B. Rest for the suggested time between sets.

Exercises 2A and 2B

Perform these exercises as a pair: Do one set of 2A, rest for

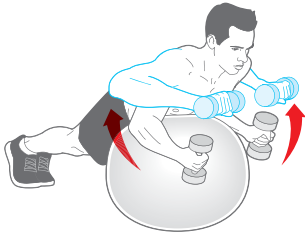
the suggested time, then do one set of 2B and rest again. Repeat until you've completed all your sets. Treat 2B as a single exercise: Do the suggested number of reps (eight to 10) for each of the five movements (Y, T, W, L, and I), and then rest.

Exercises 3A and 3B

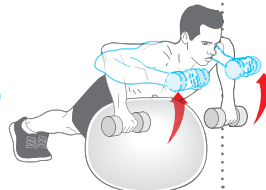
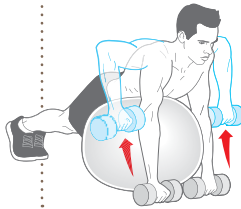
Perform these exercises as a pair: Do one set of exercise 3A, rest for the suggested amount of time, then do one set of exercise 3B and rest again. Repeat until you've completed all your sets.

your palms
your arms
until
body. Pause,
them to the

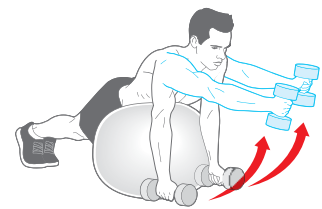
W Bend your elbows slightly wider than 90 degrees and hold them at your sides, your palms facing each other. Without moving your elbows, squeeze your shoulders together as you raise your upper arms and rotate your forearms outward. At the top of the movement, your arms should form a W and align with your body.



L Let your arms hang straight down from your shoulders, your palms facing back. Keeping your elbows flared out, lift your upper arms by bending your elbows and squeezing your shoulder blades together. Keeping your elbows bent, rotate your upper arms back as far as you can. Pause, and then lower the weights back to the starting position.



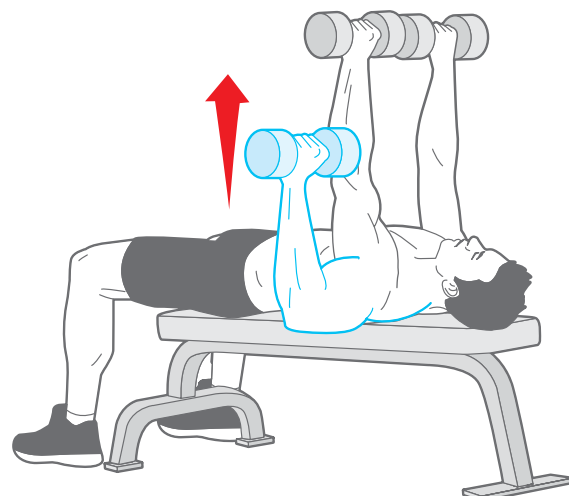
I Let your arms hang straight down from your shoulders, your palms facing each other. Raise your arms so they're straight and in line with your body and form the letter I. Pause, and then slowly lower them to the starting position.



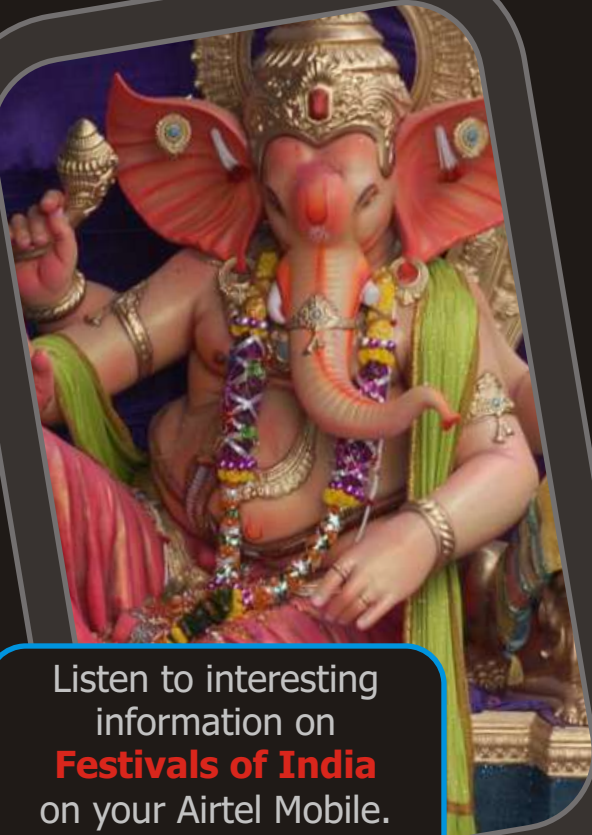
3B Alternating Dumbbell Bench Press

Lie face up on a flat bench and hold a pair of dumbbells over your chest so they're nearly touching each other. Slowly lower one dumbbell to the side of your chest. Pause, and as you press the weight back up to the starting position, lower the dumbbell in your other hand. Continue to alternate back and forth until you've done eight to 10 reps with each arm.

2–3 sets • 8–10 reps • 1 minute rest



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THE CLOTHES THAT MAKETH THE MAN

MHSTYLE

Suit, **Blackberrys**, ₹10,995; Shirt, **Camessi**, ₹5400; Tie, **T.M. Lewin**, ₹1,999; Belt, **Zara**, ₹2,290; Shoes, **Tresmode**, ₹9,990; Watch, **Fossil**, ₹12,250



SUIT UP YOUR EVERY AVATAR

Critically acclaimed actor from *Masaan* and the upcoming film, *Zubaan*, **Vicky Kaushal** shows you how to put your best foot forward in a gentleman's favourite attire: The suit

WORDS: SOHANI DOGRA
PHOTOGRAPHY: NEHA NATH
STYLING: KEVIN K. MARAK

PREVIOUS PAGE

POWER PERFORMANCE

How to embrace the gentleman's attire

You know there is no scope for any alterations when thinking of a gentleman's attire: A three-piece suit; so don't leave any stone unturned when sporting one. There's something utterly appealing about a man dressed to perfection and nothing can do it better than a complete suit. "A three-piece suit has an old school, retro vibe to it; so make sure to play the part well when you wear one," says Mumbai-based designer, Nachiket Barve. Pick deeper colours, but think something other than the usual black, maybe a blue, which adds more depth to your personality. "Make sure of a proper tapered fit with special attention to the length of your suit pants. A perfect pair should have the length break just over the shoes," says celebrity style expert, Prasad Bidapa. Throw in a striking coloured shirt into the setting with an equally impressive coloured tie and break the monotony of a typical drab look with a pop of colours.

Upgrade the style quotient: Breaking away from regular cuts, get a shirt with a Peter Pan collar for adding a stylised touch to the age-old attire. Put on a strapped watch with an impressive dial (the colour in tune with the suit) as your only (and best) accessory option.

SHADES OF GREY

Play up your physique in a suit

A man's best bet for any occasion, a well-fitted suit, can score well for every occasion, be it your attempt in the office or at a dinner party. But when dealing in particular with a plain grey overall look, think of patterns to play it up. "A formal suit works best with a formal shirt and though a plain one is always a win, think of contrasting patterns to ease in the sharp dress code," says Mumbai-based, celebrity stylist Nitasha Gaurav. Get a chequered shirt teamed up with a complementing coloured tie to uplift the garb just the right way. "Along with highlighting all your strong points (read physical), a chequered pattern has the ability to make your attire look casual, yet sharp at the same time. "But when thinking of a suit, let the fitting be of utmost priority. Given the layers that go in the attire, if not the correct fit, it will only add bulk," says Bidapa.

Upgrade the style quotient: Put on a pair of patent lace-ups to up the glam of your boardroom attire. And whenever you think of adding a bag in your look, coordinate it either with the colour of your belt or the colour of your shoes.



Tie, Jacket, Trouser **T.M. Lewin**, ₹2,499, ₹10,999, ₹10,999; Shirt, **Brooks Brothers**, ₹8,490; Belt, **Zara**, ₹2,890; Watch, **Emporio Armani**, ₹17,990; Bag, **Brooks Brothers**, ₹49,900; Shoes, **Blackberrys**, ₹6,495



AN UNMATCHED AFFAIR

Mix and match as per your body type

Wearing suits as separates is not rocket science but doing it well, sure is. When bringing in parts of any two different suits to make a single attire, make sure that you blend the patterns, the silhouettes and the fabrics well. "While you can combine two different worlds, you ought to be extra careful of their individual identities to not overpower each other. Stick to incorporating only one pattern, either on the jacket or the trousers," says Bidappa. It's all about setting the proportions right, in terms of the patterns, the colours and of course, the fit. Too much effort shown in dressing-up is a total killer, so throw caution and don't get too matchy; on the contrary, use colours that complement each other, rather than in the same family, like a grey teamed with a navy.

Upgrade the style quotient: "When wearing suits as separates, it's always advisable to wear a plain shirt," says Bidapa. Also ensure the length of the jacket is perfect, reaching your pockets. As much of a variety this mix will add to your style, the same amount of accolades it'll score you, if done right.

Jacket, **Marks & Spencer**, ₹8,999; Trouser, **Zara**, ₹4,990; Tie, **SBJ**, ₹999; shirt, **Gant**, ₹5,999; Watch, **Diesel**, ₹18,990; Belt, **Brooks Brothers**, ₹9,990; Shoes, **Tresmode**, ₹10,000

THE CLASSIC BLACK

Add definition to every style

The safest bet in any man's wardrobe is a classic black suit. Exuding uber luxe finesse, black holds the ability to camouflage all the flaws (i.e., if you have any) and lift the charm of your machismo. "But when you pull it out this time, don't let it be in the same old-fashioned way; rather, make room for some drama with patterns and colours playing all together, and have fun," says Barve. A black suit is the best investment in a man's wardrobe. You can wear one 365 days of the year and still make it look different each time, provided you're willing to experiment. When talking of patterns, opt for vertical stripes because along with working their magic in terms of creating an optical illusion that makes you look slimmer, they have the potential to add an edge to your already suave black suit. "Knowing how to best dress your body type can be a tricky terrain, but vertical stripes have the ability to make it easy when dealing with any body type," says Barve.

Upgrade the style quotient: While you play with colours in your look with the tie and the shirt on the top, make sure to keep the bottom subdued. Either match with single coloured shoes or if you're hell bent to play the colour game, think of muted tones, like greys and browns.

Coat, Trousers, **Marks & Spencer**, ₹8,999, ₹4,499; Shirt **Camessi**, ₹6,175; Tie, **SBJ**, ₹999; Shoes, **Christian Louboutin**, POR; Belt, **Zara**, ₹2,290; Watch, **Emporio Armani**, ₹17,990

NEXT PAGE

BREAK THE MONOTONY

Flaunt your muscles in white

A vintage piece, a suit is best thought of in drab colours for men, keeping up with their macho personalities. But speaking of the modern man who is not scared to experiment, give him a choice and he's ready to embrace it happily. A white suit though, is not for the faint-hearted; it works as magic if adorned the correct way, and of course, on the right body type. "A white linen suit is a tropical piece, and there are a million ways to make it work; wear as an overall or make a statement by adding a waist coat of a different fabric," says Bidapa.

Upgrade the style quotient: "Add casual finesse by including a colourful chequered shirt in the setting," suggests Barve. Also, coordinate the shade of your shoes with the belt to up the ante of the entire look, while not straying too far from the colour palette.





Suit, **Brooks Brothers**,
₹56,990; Shirt, **Gant**, ₹5,999;
Waist Coat, **Marks & Spencer**,
₹3,499; Tie, **Gant**, ₹5,999;
Belt, **Zara**, 2,290; Shoes,
Tresmode, ₹9,990; Watch,
Skagen, ₹13,899



TAKE ON A CHALLENGE

Flaunt an out-of-the-league machismo

Don't be the man who just lines up his suits in his wardrobe, waiting for the right occasion to wear them. Instead, think of options to make them a part of your everyday wear. "It's not often that you opt for shades other than black, blue and grey when investing in a suit, but breaking away from the usual can prove your skills as a style enthusiast," says Barve. But when making a choice that distinct, like an offbeat brown, include a shirt with complementing colours and patterns. "Checks as a pattern are a great way to bring energy to a suit," suggests Gaurav. When dressing down a suit, never change more than a single element of the look. For instance, you can lose the tie, but keep the leather dress shoes. "But when you go without a tie, make sure the shirt collar is on the smaller side," says Barve.

Upgrade the style quotient:

You want this set to fall in place with precision, so make sure you get the tones of the same colour family to play up the entire look.

Suit, **Zara**, ₹7,990; Shirt, **Gant**, ₹4,999; Tie, **Ashish Soni**, ₹3,200; Belt, **Brooks Brothers**, ₹9,990; Watch, **Emporio Armani**, ₹16,900; Shoes, **Tresmode**, ₹9,990



Interview: Vicky Kaushal

GET IN THE GROOVE

An electronics and telecommunications engineer by qualification, dance and music lover by obsession, Vicky Kaushal comes from a family of cinema enthusiasts. Born and brought up in Mumbai, the 27-year-old made his mark with his complex simplicity with *Masaan* and is now on his way to impress yet again with *Zubaan*. In a candid interview with *MH*, Kaushal shares his motivation, his methods of unwinding and one of his most embarrassing memories

WORDS: SHIVAN CHANANA

WHAT'S YOUR STYLE QUOTIENT?

If you feel like a million bucks, you'll look like a million bucks, as well. It's all about what you feel inside. Wear what makes you feel comfortable and that in itself will become your style quotient.

ARE THERE ANY BENEFITS OF FITNESS, APART FROM THE OBVIOUS?

Fitness acts as a perfect stress-buster for me. The time I spend in the gym refreshes me, helps me unwind and gears me up for the next day. Your confidence levels increase tremendously when you are fit and healthy.

ARE SIX-PACK ABS THE GOLD STANDARD OF FITNESS?

Six-pack abs are definitely not the definition of fitness. Yes, it may give you a good-looking physique, but cannot promise you a healthy one. Fitness is about the mind, as much as it is about the body. It is a much larger concept and cannot be defined by the number of abs that you have or flaunt.

WHAT'S THE BIGGEST MISTAKE INDIAN MEN MAKE IN RELATIONSHIPS?

Taking your partner for granted is the biggest mistake. At the beginning of a relationship, you take utmost care of everything you say and do, but everything starts to change once you enter

into a comfort zone. Giving love, respect and space to each other is the only way to ensure smooth sailing.

HOW DO YOU MOTIVATE YOURSELF EVERY DAY?

No matter how hard times get, I constantly remind myself that everything is just a phase and will soon pass. I strongly believe in *karma* and the saying, "This too shall pass." Remember, nothing is permanent. Honesty and hard work can get you past any roadblock.

WHICH IS THE ONE VIRTUE A MAN MUST HAVE?

Humility. Being humble regardless of where you have reached in life is very important, as it keeps you open to learning new things and ensures that you keep growing as an individual.

WHAT IS YOUR METHOD TO SQUASH CRAVINGS?

If you constantly tell yourself not to think about an elephant, an elephant is all you'll be thinking about. Don't make a big issue out of anything, just go with the flow of things and don't allow yourself to be idle.

WHICH IS YOUR BIGGEST FASHION DISASTER?

I've always been a lanky fellow and I remember wearing a tight white tee paired with a pair of baggy jeans to a school function. That is one memory I wish I could erase forever. **MH**

MHREFINE

Things Are Getting Hairy...

Body rug like a monkey? Fade fuzz with these debriefs from *MH*

A lot of women love stubble. Many are keen on slightly hairy chests. Most are unfazed by tufty knuckles and furry forearms. But, too much of anything is bad, and so is the case with men's body hair. Unless your lady is a keen follower of the late American gorilla expert Dian

Fossey, chances are she'd rather not wake up next to a silverback every morning. And will that bikini-clad siren give you a shred of attention on the beach if you have what looks like a wet rabbit traversing your front and back? To bring sexy back, depilation is mandatory. Why, WBA World Heavyweight Champion

David Haye even prescribed a lawnmower to sort out 7 ft 2 in boxing monster Nikolai Valuev's oversized sweaty gut-rug. *MH* has some less drastic suggestions for your personal topiary, none of which come with a battering from a professional boxer... or requires the use of an electric lawnmower.

METHODS OF HAIR REMOVAL

BEST FOR LONG-LASTING EFFECT **LASER**

Like the Martian 'heat ray' in *War of the Worlds*, laser hair removal is all about permanent destruction. Don't worry though; it's only your hair roots that get frazzled, not the follicle (the place where hair growth starts). So technically, another hair can grow in its place, but it's difficult hence, the results of laser hair removal last a fairly long time.

Treatment Time: Approximately 30 minutes per treatment, up to eight treatments are needed.

Suitable For: Removing or reducing hair on the back, chest, stomach, underarms, shoulders, and genital area.

Duration of Result: The results are long-lasting with touch-up treatments required annually.

Expert Comments: "Laser hair

removal helps to reduce hair growth, but ensure you get it done at a professional clinic. Lasers can burn the skin and harm the eyes, if the intensity is too high," says Delhi-based beauty expert and executive director ALPS clinic, Ishika Taneja.

Benefits: Hair can be removed from almost every area of the body. Laser treatment is less painful than waxing or sugaring, but some people report mild discomfort.

Drawbacks: It can prove to be an expensive choice and requires a course of treatments to permanently reduce hair, as the laser only removes actively growing hair. You can't do a DIY job with your light saber, so a minimum of four to eight visits are often needed.

BEST FOR A QUICK DIY **SHAVING**

Shave off unwanted hair just as you shave off your stubble. It's undoubtedly the cheapest and one of the fastest methods of clearing any area of the body. All you need is a razor, some shaving cream and a steady hand. For the back and shoulders, make sure the razor has wider blades and foot-long hinged handles to help you clear the unreachable areas.

Suitable For: The chest (sans the nipples), back, shoulders and buttocks. Avoid the genital area unless you're fond of taking risks.

Treatment Time: Anywhere from 20 minutes to an hour (depending on the area being cleared).

Duration of Result: A few days, at most.

Expert Comments: "Ensure that you shave in the direction in which the hair grows, and lather up beforehand to make hair removal easier," advises Taneja.

"While shaving is fast and easy, it can increase the risk of ingrown hairs, which occurs when trimmed hair curl back into the skin instead of growing outward. Don't scrub rigorously when you have ingrown hair; just gently exfoliate two to three times a week with aloe vera gel and coconut oil," she adds.

Benefits: Who doesn't love a man who takes care of himself, but doesn't spend ages in the bathroom?

Drawbacks: Itchy re-growth and the risk of developing unsightly and painful ingrown hair. It can leave you with chest, stomach or shoulder stubble within a matter of a few days.

BEST FOR SPEED **WAXING**

Not Sunny Leone's turgid horror debut, but a less torturous affair that promises to leave you with velvety skin. Heated wax is spread with a spatula over a specific area before the therapist uses a strip to remove the wax along with the hair (think of pulling off a bandage). No whimpering allowed.

Treatment Time: Can take anywhere from 10 minutes to an hour or more, depending on which part of the body is being waxed.

Suitable For: Eyebrows (for shaping and unibrow removal), hair on ears and neck, legs, under arms, arms and genital area if you're looking for a torturous experience.

Duration of Result: Between four to six weeks.

Expert Comments: "Ensure the waxing is done in the right direction (opposite of the growth) to avoid infections and ingrown hair. Use an aloe vera gel before and after waxing and use clean utensils for the waxing procedure" says Taneja.

Benefits: It is an excellent method if you are not looking for a permanent solution. It's fast, effective and results last for up to four weeks.

Drawbacks: The procedure can be painful and can cause irritation, inflammation and ingrown hairs, if done incorrectly.

BEST FOR COMFORT **EPIILATION CREAMS**

A chemical compound suspended in a gel or cream base is applied on the area which requires cleaning, and is washed off with cold water after five to 10 minutes. The chemicals dissolve the proteins in hair, causing the hair to loosen and fall out instantly.

Treatment Time: 30 to 60 minutes, though the compounds sit on the skin for about five minutes.

Suitable For: Back, chest, arms, and legs. Skin around the brow and the genitals may be too sensitive for this hair removal treatment.

Duration of Result: A week to several weeks.

Expert Comments: "The creams are heavy on chemicals and can have side effects on the skin, causing hair to grow back faster. The creams will only be 70 per cent efficient in areas where hair is thick," warns Taneja.

Benefits: It is better and faster than shaving. Can be used anywhere, except for the face.

Drawbacks: Can cause burning, redness, blisters, itching and darkening of the area where cream is applied.

ONE FOR THE BATHROOM CABINET

Men's Health tried out the new Philips Bodygroom Series 1000, a slim-looking gadget that, in the day of sleeveless vests and humid weather, promises to get rid of unsightly body hair peeking through. The trimmer is just a little larger than a pen, easy to carry and makes hair removal an almost-casual process. The bi-directional trimmer provided a trim as close as 0.5mm, which means the roots of the hair don't disappear, but freshly after use, no hair is visible at all. Great to avoid post-trim discomfort. Philips has been known for its electric shavers that may not have taken off in India as well as they could. But, if marketed right, the unassuming Philips Bodygroom Series 1000 could easily become the go-to gadget for grooming-conscious men.



What Women Want...

The hottest women in India give you a lesson on what turns them on. And off. Pay attention!



.....
Women can't stand...

The Unibrow

"There's nothing more repelling than any sort of unruly facial hair."

Priya Banerjee, model and actor

Eyebrows convey a wealth of facial expressions. Not only do they accent the face, they also contribute immensely to one's attractiveness. While some celebrities have openly sported their unibrows, others have carefully threaded their expression-makers. But no matter what the case, your brows deserve proper treatment.

Get it right

- Avoid taking a razor through your brow. For light growth, pluck out the hair individually.
- Begin by wetting your brows. Do not keep them dripping wet, just ensure they are damp. Apply a light oil-based product on your fingers and run them through your brows.
- Though waxing gets rid of the hair in the middle, it can affect the roots too. Be cautious.
- If you have light unibrow-growth, a pair of scissors will only take a minute. It should last a week.
- Got heavy brows? A neat, light stubble at most, should do you just fine.



.....
Women can't resist...

Slicked Back Hair

"A man with neat and slick hair exudes immense charm."

Gail D'Silva, model

Trends come and go, but there are certain style statements which remain classy. After being in vogue for decades, the slick back hairdo continues to be the quintessential suave man's look.

Get it right

- Begin combing backward, in a straight seam from the front hairline till the crown of the head using a conventional comb.
- Now, push back the sides, starting from the top of the ear back down till the base of the neck.
- Get a good trim on the sides, while maintaining the length of the hair on top for a good slick back.
- Got curly hair? You sure don't want to look like an unrefined version of Cristiano Ronaldo. But here's what you could try.
- Comb your hair hard enough to straighten the curls, then use an extra strong hair gel.
- To prevent any damage to the roots, use a wide tooth comb and a water-based pomade.

Grooming Rulebreaker Shave against the grain for best results

Sure, the backward shave may be an excellent and quick way to get a clean look but razor burns, bumps, cuts, damaged hair follicles and ingrown hair are consequences which can't be ignored. Spend some time examining your stubble with fingertips to see which direction it's growing in. Moving in the direction of the hair-growth, use short, gentle strokes, letting the razor glide over your skin without applying too much pressure. You might not necessarily get a closer shave but you most certainly will get a more comfortable one. The best shaving method isn't the one which simply gives a clean look, but one which also ensures a healthy treatment of your skin, protecting it against blemishes and rashes.



ASK THE GROOMING GURU
Look good, feel confident
DR DEEPAI BHARDWAJ

Q Stronger Roots

Lately I have been experiencing excessive hair fall. Please help.

DEEPAK PUNJ, BENARAS

Excessive hair fall can be due to recent and sudden stress to the body. It could also be because of a prolonged sickness, for example, dengue, typhoid fever or also due to severe vitamin B12, iron, zinc or vitamin D deficiency. Besides getting a check for the same done, avoid using any chemicals, gels or opting for any treatments for your hair when the scalp is weak. Avoid shampooing too frequently. Using minoxidil is not advised during excessive hair fall. However, applying a lotion with capixyl, two-five per cent on alternate nights can make the hair roots stronger.

LIGHTEN UP My lips have become awfully dark. How do I get control?

RAJDEEP SHARMA, HYDERABAD

If your lips were pink in shade and have only recently turned darker, it could be due to smoking, stress and and lack of personal care. Good news is that the darkness can be reversed. Treatments like special chemical peels for lips can make the shade three to four times lighter. Also, laser rejuvenation with Q laser and Erbium works like magic. But, if you genetically have dark lips, any treatment will only give temporary results.

Dr Deepali Bhardwaj, a dermatologist and laser surgeon, is the founder and director of Skin and Hair Clinics across Delhi. She has to her credit numerous awards and fellowships. She is a certified "Doctor of Excellence" from Deka Lasers, Italy

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YOU'VE DONE THE WORK, NOW REAP THE REWARDS

THE SPOILS



crush

PRIYANKA CHOPRA

WHY WE LOVE HER,
AND WHY YOU
SHOULD, TOO...

The ultimate *desi* gir, who stole our hearts time and time again, be it in a sexy *saree* in *Dostana*, or that memorable two-piece in the item song *Ram Chahe Leela*, Priyanka Chopra is where classy meets sexy. Now, she's officially ready to take over the US audiences with her television debut in ABC's new drama *Quantico*. With over 10.3 million Twitter followers and another 15 million on Facebook, PeeCee gained international recognition when she decided to strike the music industry with hit singles like, "In My City" and "Exotic," both collaborations with industry bigwigs like Will.i.am and Pitbull. The actress will add to her already impressive resume when she stars as an aspiring FBI agent whose past resurfaces soon after she arrives at their training camp in *Quantico*. And, when she's not taking over the world, she's striving to make her country a better place by actively taking part in campaigns like "Clean India" and "Girl Rising," which spreads awareness about the importance of girls' education. We're just left with one question: Is there anything this sexy siren can't do?

ARUSHI SHARMA

RESTAURANT SPY

MH TAKES A NUTRITIONIST ALONG TO CHECK OUT A POPULAR RESTAURANT'S UNDERBELLY. THIS MONTH, IT'S TRENDZ IN THE LALIT HOTEL, MUMBAI

NUTRITION EXPERT PALLAVI SRIVASTAVA TAKES US ON A GUILT-FREE TRIP

WORTH
Feasting

WORTH
Watching

The Latest Trendz

Take your taste buds on a world tour and explore the unexpected as *MH* goes on a behind-the-scenes trip with nutritionist Pallavi Srivastava to Trendz restaurant at The Lalit Hotel, Mumbai



NUTRITIONIST
PALLAVI SRIVASTAVA



LAMB "DONE
TWICE"



RELISH EVERY BITE
WITH THE WORLD ON
YOUR PLATE

The fine-dining restaurant, Trendz at The Lalit Hotel serves modern world cuisine combined with molecular gastronomy. Every dish is a visual delight and handcrafted by executive sous chef, Ravish Mishra.

Start with Walk in the Garden, a fat-free, vitamin C and vitamin A rich mesclun (salad) with a medley of baked baby vegetables and a lemongrass crunch. Or go for the Twist on the Tradition, a twist on the traditional Caesar salad and has chicken cooked in a healthy Sous Vide style of cooking (which retains all the nutrition) with crunchy, fibre-rich, low-calorie romaine leaves, rich in Vitamin K," says Pallavi Srivastava, a Mumbai-based nutritionist. These leafy greens contain almost 16 per cent of your daily water requirement and have no fat; however, limit the mayo and cream dressing and parmesan cheese.

A healthy next course is the low-calorie Roasted Pumpkin Soup, a great post-workout option due to its high potassium content. "Pumpkin is known to keep the skin wrinkle-free, and it helps boost immunity and may even help ward off certain types of cancer," claims Srivastava.

Chicken lovers can enjoy the protein-rich Chicken Consume soup, which is an excellent muscle-building option and contains choline that is known for its liver-protecting qualities.

For the mains, try the Free-range Chicken. As the name suggests, free-range chickens have less fat content and are cooked in a healthy Sous Vide method. Srivastava says that the dish is rich in vitamin B6, folate, niacin and several other minerals. It is served with stuffed roulade, a delicious mix of fibre-rich pistachios and apricots and a mouth-watering chicken and wine sauce. The Norwegian Salmon is poached in olive oil, served with antioxidant-rich fennel seeds. Salmon is a "good fat", high-quality protein loaded with vitamins and minerals.

Vegetarians can try the low-fat Polenta, which is stuffed with low-fat goat cheese, olives and sun-dried tomatoes and served with antioxidant-rich pomegranates. You can also opt of the cottage cheese, Veg Tian (pattice), grilled vegetables or grilled polenta from the grill.

The experience at Trendz is unparalleled and will definitely leave you wanting more!

PRACHI SARAF

TRENDZ, THE LALIT HOTEL
Sahar Airport Road, Mumbai
Phone: 022 66992222

Cinematical

SLEEPING WITH OTHER PEOPLE

Leslye Headland

Romantic comedies are like the diet trend everybody follows. You instantly relate with the person who's seen or been through the same drill—girl meets guy, there is a what-is and then the could-be, struggles are established, inner demons surface, both are overcome and you feel a rush of oxytocin after a fresh rendering of that thing we crave and live for everyday—love and lust. But this is a rendering of serial cheater girl meets womanising guy. Inner demons are both the what-is and what-could-be. But really this is a rendering of—from a 'what makes us animals' into 'what we couldn't do without.' Think of it as a rom-com with commitment issues.



WORTH
Reading

Take Note

A Modern Way To Cook

Anna Jones

When you don't have the time to workout, you balance it out by eating right. And for when you don't have the time to chop, prepare, chop some more and then serve, here's a handy and efficient cookbook meant for a guy like you — busy working and busy working some more. Divided into sections according to preparation time (we recommend you at least try to go beyond the 20 minute point) and dishes you can re-use, this is a must-read for those who want to be healthy and please their partner at the same time.



ESCALATING PERFECTION

MERCEDES-BENZ BRINGS THEIR FASTEST S-CLASS TO INDIA

Words like “luxury” and “opulence” are often associated with a Mercedes-Benz S-Class, a car that is considered one of the best in the world. But a few eccentric engineers are working hard to take it to the next level. That’s AMG for you, Mercedes’ high-performance division, and what they’ve done with the S-Class Coupé, can only be described as brilliant.

In went their fire-breathing

5.5-litre twin-turbo V8 motor that belches the might of the thoroughbred 585 horses through the quad tail-pipes. The insanity doesn’t stop there, as 900Nm of tarmac scorching torque propels you to a 100kmph from standstill in just 4.2 seconds. That’s incredible, considering that the car weighs 2.5-tonnes.

This S, for a change, is an S to be driven and not be driven around in. Enjoy its ferocity

cocooned in an interior draped in finest Nappa leather, while brushed stainless steel highlights on the dashboard add that touch of sportiness. Step outside and you can’t help but admire the long, low-slung arrowhead design.

You’ll be shelling out a cool ₹2.60 crores for the S 63 AMG, but in return you get handcrafted automotive brilliance, with a dash of madness.

ABHIK DAS



ELIJAH WOOD MAKES HIS INDIAN DEBUT

WOODEN WISDOM PREPARES FOR A 3-CITY MUSICAL TOUR



What do *Lord of the Rings*, and ‘70s and ‘80s disco and house music have in common? Wooden Wisdom. A DJ supergroup made up of Elijah Wood (you’ll remember him from the *LOTR* trilogy, and the most recently released *The Hobbit*) and Zach Cowie, a music business jack-of-all-trades who’s done it all, from managing tours to supervising film soundtracks; the duo allegedly formed after discovering a mutual love for spinning vinyl. So go make make your September a lot more memorable with this wickedly talented pair as they serve up genre-bending beats and rare audio treats!

Where: Mumbai, Delhi and Hyderabad
When: September 3-9



XIAOMI

STAYS TRUE TO #MAKEININDIA

Xiaomi, the third largest smartphone-maker in the world, following Samsung and Apple, seems unstoppable in their quest to take over India’s smartphone market. The Chinese company takes home the coveted title of making the first Indian-manufactured smartphone with the launch of the Redmi 2 Prime. Priced at an ultra-reasonable ₹6,999, the Redmi 2 Prime features the Android 4.4 OS and comes with dual-SIM configuration, 16GB storage and a 8MP rear and 2MP front-facing camera. Who knew being patriotic could be so much fun?



WORTH Listening

Take Note

AVICII: STORIES

Swedish superstar Avicii will reveal a new side with his new album *Stories* this September. After teasing fans with an incredible list of collaborators, ranging from Billie Joe Armstrong to Chris Martin, the Swede did us a solid by dropping two unreleased tracks titled “Can’t Catch Me,” featuring Wyclef Jean and Matisyahu, along with “Broken Arrows,” featuring the Zac Brown Band. But his latest, and biggest, revelation is that he will be singing in *Stories*! While he hasn’t revealed what track he’ll be singing or to what capacity, this surprise definitely has us hyped!

WORDS: ARUSH SHARMA



MIRACLES OF NUMEROLOGY

Sandhiya Mehhta, Numerologist and Vastu consultant

'Glory of India' award winner, by the hands of Deputy Prime Minister of Thailand.

'Titled Indian Nostradamus' for her precise political predictions, since 2001 for our Prime leaders.

Sandhiya Mehta is a Ace Numerologist, vast expert and now a worldwide brand who represents success and growth, for herself and for people she counsels. She has expanded the numerological field with her research and knowledge, and with advanced experiences has helped her to help every human soul in return, to guide them to their enchanting dreams, gain power over their fortunes and to come alive.

With an aura of bright lights and her charismatic personality, she has achieved of what many dream. She is in the field for more than thirty years, and in this journey has helped and exchanged energies and ideas, guided people to lead better lives, has received dozens of honours and recognitions, like 'The Nari Ratna award, Indira Gandhi Priyadarshani Award, Rastriya Ratan award, Mahila Shiromani award, 4p Brand recognitions, 'The Global Indian Leaders excellence award and many more such appreciations.

Numerology is the most accurate predictive science, and has evolved from the ages of people counting stars as numerical references to today where we add up all the calculations and we have an outcome that guides you to the events in your life, and stay prepared for them. It just does not give you knowledge, it empowers you to plan, sketch your future, grow as a person, rise and shine.

"To a person who seeks success, my system will bring success, happiness and prosperity. And to those who are already successful it will bring sustainability, positive reinforcements, further success and an introduce to a new and higher perspective and lifestyle."

The Journey to my methods

"I am someone who has evolved, and with every step of my life have just tried to be better in what I love, I don't just predict your future, I communicate, consult and help you empower your energies."

Every person is having an energy, a combination and each combination is different, hence they have only certain types of energy and lack other ones. This is what makes us human, that we can't be perfect but we have to strive to be. My exclusive research and study of missing numbers in your birth graph helps me to determine what are the strong energies that I can see in you and uplift the missing energies to suit to your dreams and ambitions. With my years or research and extremely positive results, I help these missing energies in your graph. Its like providing nutrition to a body, by way of simple remedies and self improvement tools that I have developed by myself.

The curious case of 4 & 8

"In my research, nearly 70% people are connected to these numbers. And once you enter the circle, these numbers will keep you in their loop for generations." One usually guards themselves because we have all heard a lot about disappointments and delays, sorrows and hardships of 4 & 8 and even 7. But I see them powerful steroids, to be handled carefully. Then I will channelize it to positive planning and maximise your fortune's profits. Feel blessed if you belong to them, we will empower your life and, learn through 4 & 8 and reap more fruits of your hard work than you would have previously did. Handle your energies well, because only in the right hands they will empower with 4 & 8.

Is life simpler without 4 & 8: The other side of the story.

Individually every number has its massive merits but if it doesn't get the support of your fadid/destiny number it cannot do much for you. 1, 9, 5 & 3 are very powerful numbers and should get magnanimous success as per individual calculations, but if you are still struggling and have faced certain problems you should try and understand your state of energies and detangle the web, to create a free path in your future ahead.

"A bright star has its own energy, but lighting a lamp in the dark is much more meaningful." We all are a mix of many numbers, their combinations play us differently and affects us differently. 1, 9, 5 & 3 are very powerful numbers and should get magnanimous success as per individual calculations but we are in the race of ordinary if we just sit back and give up. We have to empower these combinations in our fortune, to achieve what is extraordinary, which makes us exemplary individuals, that help themselves and in addition help their families, society, help someone in need who looks unto you.

"We have seen the sunrise, but to feel the warmth of it we have to wake up every day." And every one of us should strive to be more than what we can be, I do so, so should you. And let My Numerology help you and prepare you for this serene but extraordinary life.

My advice

"Knowledge empowers you, and there is nothing more powerful than to understand yourself, your potentials, what holds you back, what drives you forward." I provide you this knowledge about yourself, though numerology. Knowledge about finances, career, turnaround years, lucky dates, months, years, things that help you have a strong backup plan for everything in life. "No mantra, fasting, name changes singularly guarantees you anything. Ultimately its you who has to foresee the future, and I help you to do so." Follow a simplistic solution that I call Sandhiya Mehhta's remedy system, and we will work on your energies and align them in the right direction

The Success road ahead.

There is a Buddhist saying, "You yourself must strive; the Buddha's just point the way."

There are no criteria to evaluate what the results of the remedies are; I just believe in helping who believe in the power of universe. If you believe in yourself and the universe let me just show you a direction, you yourself will lead on the right path and achieve the results within no desired time. I have received tremendous positive feedbacks to have faith in the universe myself.

"I am not god; I just understand my field of work and use it to help people, guide them and provide them with some efficient ways to be happy, peaceful, ever-glorious and a good part of our society & I continue to achieve results with all my clients."-Sandhiya Mehhta.

For daily predictions follow:



Facebook: Sandhiya.Mehhta
Twitter Handle: @SandhiyaMehta



For any further personalized details about yourself or your family, guidelines, numerological analysis of yourself feel free to write in or call up on the following:

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NOTE:

We really appreciate your interest in this article and look further to hear from you. Please let someone else read this article after you and kindly do not tear of the page. You can take a note of the contact details and feel free to communicate.

The Final Word On Romance

IF YOU ARE ONE OF THE 58 PER CENT OF MEN WHO CONSIDER THEMSELVES A ROMANTIC, HERE ARE SEVEN THINGS YOU SHOULD BE DOING. EVERYTHING OTHER THAN THE STUFF YOU SEE IN MUSHY ROM-COMS



WRITE HER A LOVE
NOTE AND HER HEART
WILL BE EVER AT
YOUR SERVICE

1 I love you

Singing something sappy like "Tum Hi Ho" is stuff worth recalling and cherishing than saying it in an SMS before you disconnect.

2 Make the bed

Do the dishes, buy her parents a present or do any other chore you don't like to do. University of California researchers found doing housework can lead to more sex. She will be grateful and it will show her that you care. She doesn't need to know that you have an ulterior motive.

3 Spend the evening at home

Most women think that men would enjoy a night with their buddies than a romantic evening at home. So stay the night and show her you care. Wash her hair and transform an ordinary task into something sensuous and tender.

4 Stay in

Stage a repeat of the first time you planned a dinner date for her, and maybe the night will end even better than it did back then.

5 Workout together

Take a workout class together (have you tried zumba yet?). She will notice her friends and peers checking you out, which will make her want you even more, which could mean a new type of "sweat session."

6 Surprise her

Flowers won't do it, although you should probably get her some anyway. Doubt her receptivity to your romantic request? Try approaching her when she's buying flowers. Researchers in France say that women are far more likely

7 Put it in writing

Sure, you text her several times a day but that's perishable. Try coming up with a handwritten letter, telling her things you haven't yet. Or better yet, compile love letters (we like lettersofnote.com) and make a meme out of it. She will like the effort and the originality of the concept.

to give a young man their phone number if approached outside a florist as opposed to a shoe shop. Dragging her to karaoke night and serenading her with her favourite song? That might do it too. **MH**



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